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OF PHYSICAL CULTURE.

FEBRUARY 8TH
1906.

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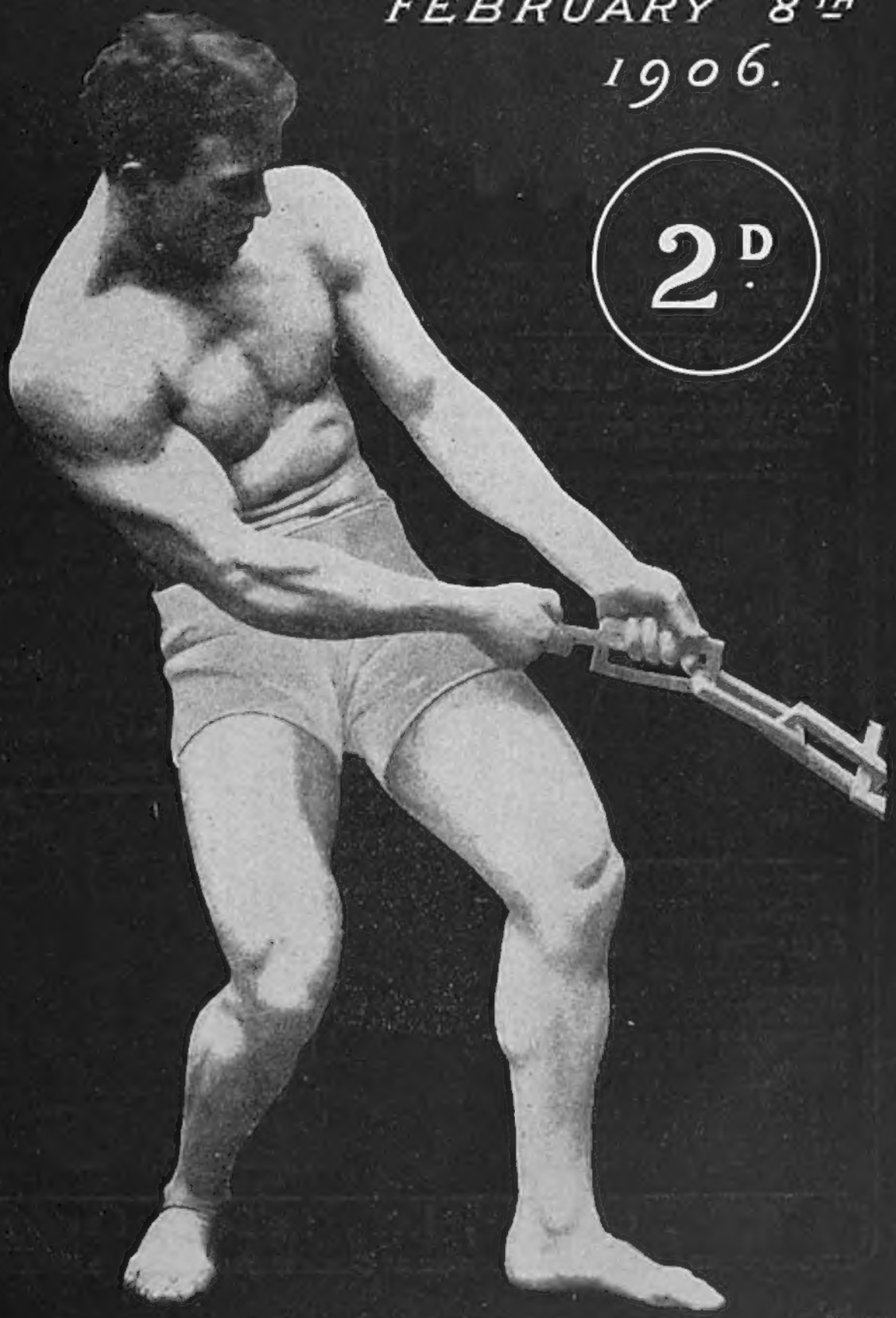

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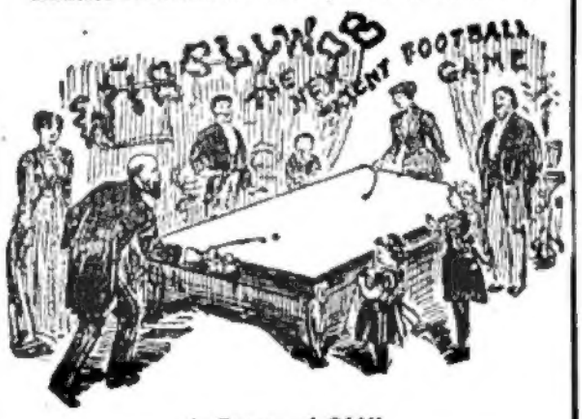

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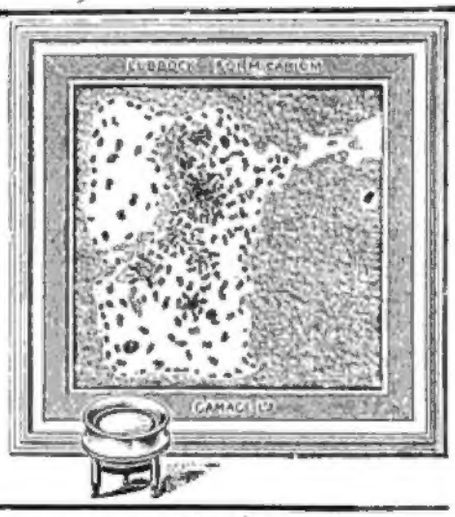

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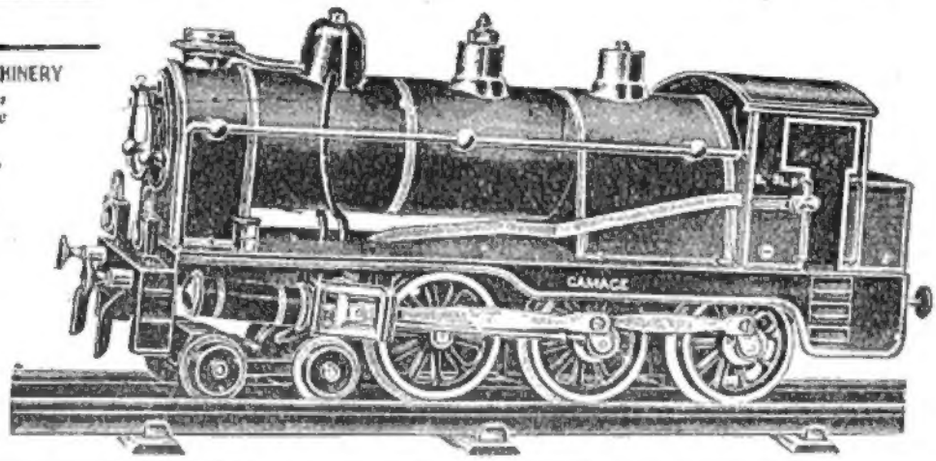

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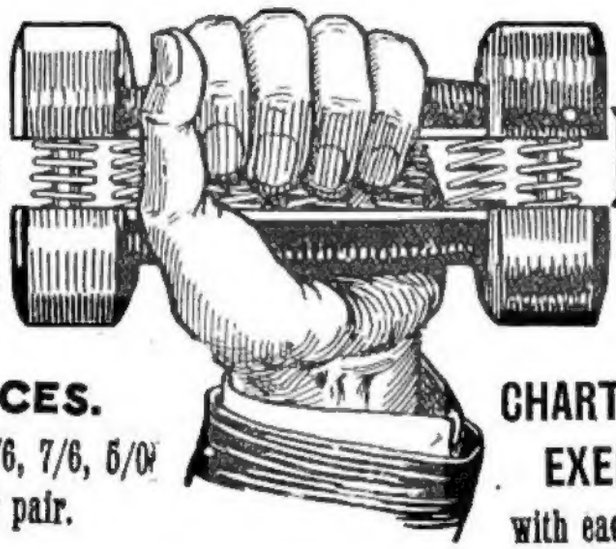

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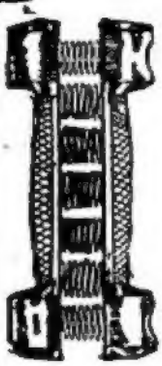

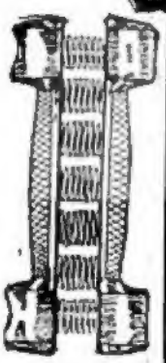

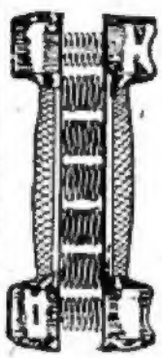

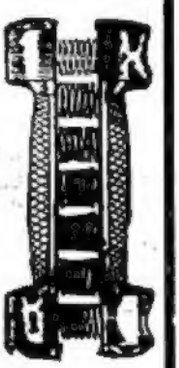

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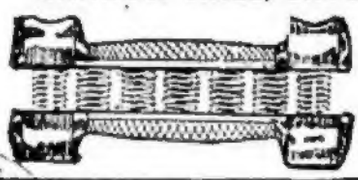

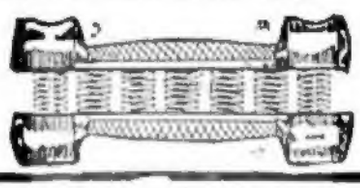

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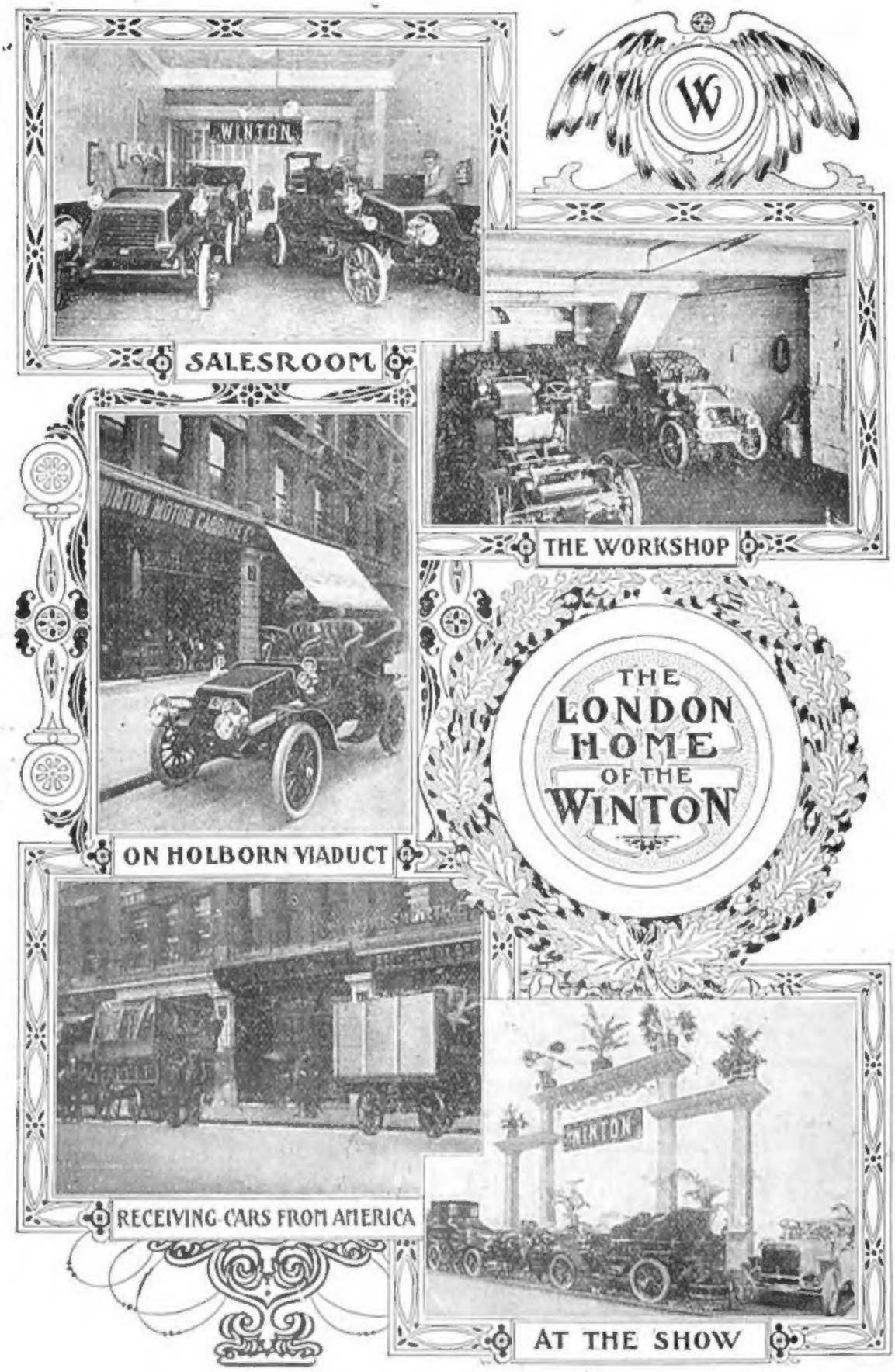

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VOL. XVI. (Est. 1898)
No. 6.

FEBRUARY 8, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Edited by EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I don't suppose we shall see any more epitaphs erected to pills and pill-makers. There is an epitaph in St. Saviour's, Southwark, to one Lionel Lockyer, the inventor of a pill which had some vogue in the 17th century under the high-sounding name of "Pilulæ Radii Solis Extractæ." The inventor somewhat modestly claimed for his grandiloquently named pilules that "sometimes by degrees, sometimes suddenly, even to amazement, they vanquish all manner of distempers"; and not only this, but also, "they that are well and desire to be so, let them take the pills once a week." This seems a particularly ingenious device for ensuring a sale. Those who did not believe in the pills were dismissed with the words, "All such may let alone my pills and keep their money and their diseases, too." But against those may be put the case of "Mr. Hammond, of Chesham, who was cured of a Regement of diseases, and only by these pills." After this my readers will not be surprised to read the epitaph:—

His virtues and his pills are so well known
That envy can't confine them under stone;
This verse is lost—his pill embalms him safe
To future times without an epitaph.

Three Chicago publicans have been ordered to pay £3,500 damages as the result of a suit brought by the five children of a man alleged to have been ruined by drink. The case for the children was that until five years ago their father, John Hedlund, was a prosperous carpenter, earning about £300 a year. At that time he began to drink heavily, and spent most of his earnings in three public-houses in the neighbourhood of his house. Finally he became an habitual drunkard, his business dwindled away, and his family were penniless. The children, through their guardian, then brought this extraordinary action against the publicans. The defendants will probably appeal to the Supreme Court to set aside the verdict, but the awarding of such heavy damages shows the growing disfavour with which drunkenness, and those

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who contribute towards it, are being regarded by the civilised world.

o——o

Physical Culture *is* useful in the theatrical world, in spite of the padding jokingly alleged as the foundation of the fine figures that strut across the stage. Here is a theatrical ad.:—

> WANTED, Gent. for juvenile parts, dramatic work, capable of struggle; amateurs entertained.

Other wants are "Hypnotic Subjects" and a "Lady capable of Robust Boy," who (naturally enough) "must be small." "Capable of struggle," though, is good.

The cover photo is a fine study of Lionel Strongfort, now appearing at the London Pavilion. He has been interviewed by one of the "SANDOW MAGAZINE" staff, and the "interview" will appear in next week's issue, together with a pen sketch of the Right Hon. John Burns.

Prince Francis and Physical Culture.

Prince Francis of Teck recently visited Hoxton and witnessed the annual display given by the members of the New North Road Club for Boys in the Drill Hall of the 4th Volunteer Battalion Royal Fusiliers. His Serene Highness, who is the President of the Club, has taken a keen personal interest in it since its formation some two years ago, and through his personal efforts secures much of the financial support which keeps it going. At the head of the Organising Committee is the Rev. Claude H. Eliot, vicar of Christ Church, Hoxton, while the popular M.P. for the district, the Hon. Claude G. Hay, is the treasurer. The movement has been so enthusiastically welcomed and supported by the boys and working lads of a densely-populated neighbourhood that the accommodation at the Club has been taxed to its utmost limits, and it has even been found necessary to delay the acceptance of applications for membership. It is hoped, however, that with enlarged accommodation this difficulty will be overcome. The wholesome feature of the Club is that it finds occupation, instruction, and amusement for lads who otherwise might have nothing better to occupy their attention than roaming the streets of a night. They are taught all forms of useful physical exercises under competent instructors, and the display they gave recently was admirable in every particular. Especially worthy of note were the wrestling matches, the boxing bouts, and the Indian club drill.

Prince Francis, addressing the boys, complimented them on the proficiency they had displayed in their exercises. By those exercises, he said, they benefited greatly in general health and vastly enhanced their fitness to take their proper places later on in the ranks of the manhood of the British nation. He was personally a great believer in the virtues and advantages of physical training, and should like to see it much more widely extended in every walk of life. It might fitly begin with the boys when they were quite young, and be continued as opportunity offered itself until they reached maturity.

Colonel Dunfee, commanding the 4th Volunteer Battalion Royal Fusiliers, in moving a vote of thanks to Prince Francis, mentioned that three hundred boys of Hoxton had been trained in musketry exercises in the Drill Hall, and as they grew up many of them joined the Volunteers.

LEFT-EYED PEOPLE.—"Left-eyed people simply own the town these days," said a leading oculist. "If the prominence of that optic continues to increase we shall one day be a left-eyed race. In more than half the patients I treat the left eye is already considerably larger than the right. It is brighter and it lasts longer. If you want to find out which eye is stronger try to read first with on, then with the other, unassisted by its mate. Nine times out of ten the test shows how much more useful the left eye is than the right."

How can you take the greatest possible advantage with the least possible strain? By cultivating system. . . . Faithfully followed day by day, system may become at last engrained in the most shiftless nature.—DR. WILLIAM OSLER.

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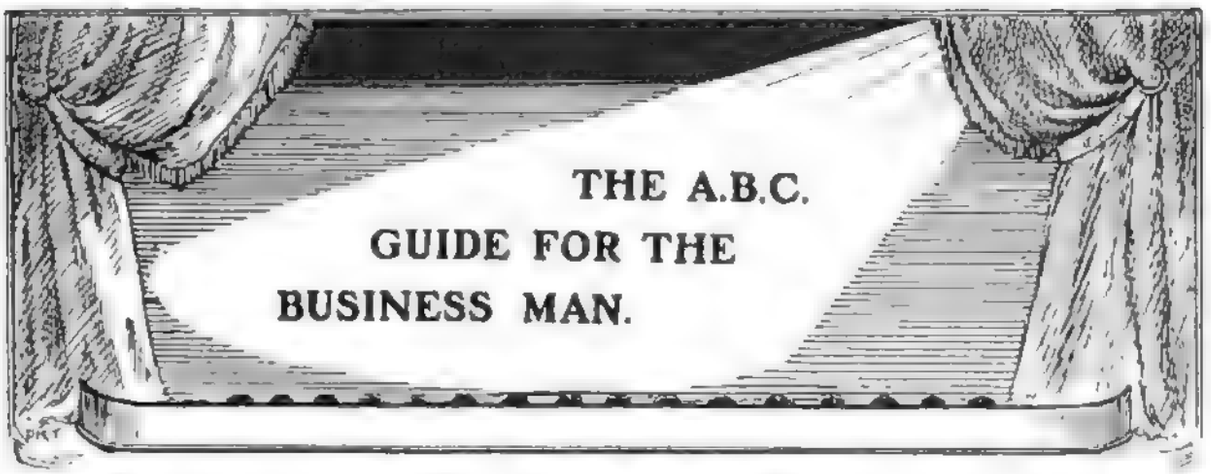


By JOHN WARD STEWART.

CONCENTRATION.

The power and possibilities of mental concentration and training. Nothing succeeds like concentration.

WE live in an age of evolutions and conventions; an age of commercial supremacy.

As I turn the pages of a modern history book and scan the contents, I note that nine hundred years ago —when the Normans conquered our then insignificant little isles, in 1066—the barter and exchange had captivated and fascinated the hearts of our forefathers. So it has grown—and will grow—until, to-day, we look upon the methods of the eleventh century with repugnance.

Civilisation has advanced. Commerce, its chief representative, has proportionately responded, but in this new and supreme stride we are fatally attacked.

Scientists have spent their lives in rendering the roads of commerce more passable and devoid of obstacles, but they have failed to alleviate the trouble and handicaps of its agent—man. In our modern state none will contradict the statement that our physical endowments are dangerously threatened; everything appears to corroborate it.

The directors of the commercial world shut their eyes upon such a declaration, but their servants can only detrimentally afford to do so.

Here lies the impediment.

As a commercial enterpriser and enthusiast, and having practically studied the subject in question, I feel—by the aid of a cheap bravado—I can speak from experience.

Ofttimes I feel that the city clerk should be pitied rather than condemned for his negligence in contributing to the Physical Culture world. The handicaps prevalent are enormous and, to many, apparently unsurmountable. After several hours of a sedentary occupation, such as is experienced in the city office, few feel fit for an hour in a gymnasium. To preach is so simple, but to practice is entirely another thing. Only those who have been unlucky enough to realise the discomforts of a city office can imagine the condition one is in when the clock announces the hour for closing.

The difficulties in grasping the inestimable benefits of Physical Culture are great, and promulgated by the associating tendency for amusement, and often the crafty fingers of vice, tend to absolutely render the road to Physical Culture well-nigh inaccessible.

Could he but once understand this new era thoroughly, he would crave to linger in its train for ever, but very few have the strength to concentrate their senses and make even one special effort.

This fact has preyed upon my mind for some considerable time, and it is with the hope of alleviating the handicaps existing in this sphere of life that I undertake the task of presenting before my commercial readers a very easy and effective system of elementary physical training. I am not going to prescribe a system of heavy, nor thorough, training, but just a few simple exercises that

can be enacted amidst the discouragement and discomforts of a city life.

"From the small often rise the great." This is a tiny passage that I have always thought most beneficial in every undertaking in life, and one that I would impress upon my readers.

I remember when first I adopted Physical Culture. My total expenditure was 1s. 4d.—for a pair of dumb-bells. This is what I would firstly advise my followers to purchase. The sum is practically insignificant; so insignificant, indeed, as often to impede many a would-be enthusiast from this simple cause, but the results obtainable therefrom are both miraculous and incredulous.

However, it is not my intention at present to deal with dumb-bells, but to impress what I consider the greatest element in any system, namely, CONCENTRATION. To deal with this subject firstly may appear preposterous, but I think that when once this has been mastered, everything else runs smoothly. Its value is inestimable to an education of any character, and more especially to the one in hand.

Emerson once pointed out its imperative nature, and strongly commended its achievement to all would-be successful candidates. Solitude, he declared, was the greatest stimulant to its goal, and should be resorted to under the most extenuating circumstances. Few, however, appear to grasp the thorough meaning of the word.

There are times in our lives when we exhibit the strongest traits of this art, but without our faintest knowledge of the fact. The chief of these, I think, is when trouble presents itself. Then it is that our every faculty becomes enlivened to the fact; endeavouring to weigh the disaster as lightly as possible; endeavouring to alleviate the mental burden. The glamour of the world is cast aside, and ofttimes everything around us becomes inert or absolutely deadened.

This is caused by CONCENTRATION.

We are totally ignorant to its invasion in our minds, but when once it takes possession of a corner—provided the character of affairs be sufficiently adequate—it quickly commands supremacy. So, in even a mere practical way, it affects Physical Culture.

A man of muscle can, at any moment, command almost every muscle of his body.

This may appear simple, but ask one who never in his life has indulged in exercise to command even his biceps to work, apart from a lever movement of the arm, and it will be found impossible. Yet to a Physical Culturist it is quite simple, as most of my readers can easily prove.

Now, to the beginner, this is invaluable, for only by it can he hope to benefit. He must know what muscles he is exercising, and strive until he can actually witness their action.

He must concentrate his whole mind upon the exercise in action, and not until he finds he has command of that particular muscle, or muscles, must he give up. This is very simple, and will be further illustrated as I go along, when work "while at office" will be described.

(*To be continued in next issue.*)

Are You Sound?

You may be smart, sharp, shrewd, cunning, long-headed, you may be a good scholar, very clever—even brilliant—but are you sound? That is the question everybody who has any dealings with you will ask. Are you substantial, solid? Have you a level head?

Everywhere we see men who are very brilliant out of work, plenty of sharp men who wonder why they do not get responsible positions. But people are afraid of these one-sided, poorly-balanced men. Nobody feels safe in their hands. Most people overestimate the value of education, of brilliance, sharpness, shrewdness, which they think can be substituted for a level head and sound judgment.

The great prizes of life do not fall to the most brilliant, to the cleverest, to the shrewdest, to the most long-headed, or to the best educated but to the most level-headed men, to the men of soundest judgment. When a man is wanted for a responsible position, his shrewdness is not considered so important as his sound judgment. Reliability is what is wanted. Can a man stand without being tripped; and, if he is thrown, can he land upon his feet? Can he be depended upon, relied upon under all circumstances to do the right thing, the sensible thing? Has the man a level head? Has he good horse sense? Is he liable to fly off on a tangent or to "go off half-cocked?" Is he "faddy?" Has he "wheels in his head?" Does he lose his temper easily, or can he control himself? If he can keep a level head under all circumstances, if he cannot be thrown off his balance, and is honest, he is the man wanted.

By permission of the Berlin Photo Co. PROMETHEUS

SLEEP, AND ITS EFFECTS ON HEALTH AND BEAUTY.

———By E. Van Poole.

SLEEP, the rest which holds the eyelids down, is of the utmost importance in good looks. There is no means, aid or condition so productive or preserving of a pleasing appearance as proper and sufficient sleep. Nothing will promote brightness and vivacity like this death-like rest which Nature demands once every twenty-four hours. This fact is ignored by many of the most intelligent men and women. They know it, but they don't seem to know it well enough. Every walk in life seems too full—there is so much to do—"the world is too much with us," there does not seem time enough to sleep. When a halt is called, and we are forced to learn that we can accomplish much more by reason of stronger nerves, granted by the proper amount of sleep, we are on the way to successful accomplishment of our heart's desires.

Our cities are filled with tired eyes and faded complexions from lack of sleep. Our country places offer tired countenances from overwork. Society women consume their nights in revels of pleasure and their days in the duties incumbent upon their position and wonder why they fade. The farmer's wife works all day and half the night, arising in the morning unrested and unrefreshed, and wonders why she ages faster than her husband, whose work is done at dark.

Youthful strength and comely appearance are absolutely dependent upon sufficient sleep. The woman who will consider this fact as positive will give the subject of sleep as much attention as she will that of diet or dress or any other requirement of existence.

To those who have been neglectful of this important function, I would advise, first, a determination to grant sufficient time from pleasure or duty for its full need. Then go to bed with the intention of sleeping—make your preparations by removing every garment worn through the day, putting on a loose single garment which has comfort for its recommendation.

Do not sleep on feathers; this style of bed is a remnant of ignorance—a cotton or wool mattress is a good bed. Have your pillow just high enough to raise the head a little above the level of the body, and place the pillow under the head—not under the shoulders. Sleep between sheets and under light but warm covering.

Do not place your bed directly in a draught, but be sure to have an open window in your room; night air is only fresh air, and it is as necessary during sleep as at any other time. Sleep alone, and without a light.

Assume a comfortable position, and lie hard upon the bed. This means relaxation of body. A child will make a greater impression where it lies in a bed than an adult, by reason of its more complete relaxation.

Do not sleep with your face close to or near the wall. If the head is hot and the brain is overcharged with blood, treat the neck with a downward movement with the hand or massage roller, and it will tend to relieve the blood pressure in the

head; this will also relieve neuralgia, from which many are liable to suffer at night.

If sleepless, or if sleep comes slowly, relax the body and mind. Begin by forcing the toes, then the feet, then the tense muscles of the limbs, etc., to give up—to assume lifelessness. Let the jaw fall if you feel a sort of rigidity about the mouth. You may find the hands and the eye the most stubborn to yield. Relaxation of the body or mind is simply giving up. Relax the body first, as you will need the mind to do it. Then force the mind to think of nothing—and unless there is some derangement of the bodily functions this alone will put you to sleep.

One of the most common methods to induce sleep needs correction; that is, making great efforts of various kinds. Instead of striving and worrying about it, relax, give up; and if sleep does not come at once, you will at least rest, but, generally, when the strain is taken away from the brain, the body will begin to rest; and sleep will follow. Sleep and effort are foes. The old darky who said to his master, who vainly courted sleep: "The best cure I knows of is to stay up the night before," was not far wrong in his advice.

To those who are sufferers from insomnia, try to remove the cause which provokes the nerves to this state of rebellion, by correcting the habits, by changing the diet, and by proper massage of the body. If tobacco, coffee, or other stimulants are to blame, stop them, either at once or gradually; eat light, plain food, at regular hours, taking a cup of hot milk at bedtime, if you have been actively engaged since the last meal, and further aid Nature's restorer by flushing the colon before retiring; thus relieving the system of refuse matter which causes pressure upon the nerve centres, and impedes free circulation of the blood.

My own experience and that of many whom I know is that massage of the body, calculated to balance the circulation, will induce sound, healthy sleep. Get ready for sleep, and having relaxed the body by a few minutes' resting in a comfortable position, have some attendant or member of the family turn down the bed clothes except a light blanket, over which, with a massage roller, roll you, beginning at the toes upward over the limbs to the waist. Then, beginning at the fingers, roll the arms to the shoulder. Then the spine, or over either side of the spine, from the head downward. This should be done as lightly or as heavily as seems pleasant or agreeable. This treatment, lasting twenty minutes or less, will leave you too sleepy to say good-night, and the sleep will last for hours.

A practice recommended to the sleepless is the taking of an air bath. This, before going to bed, or even getting up and taking it as an aid to sleep, will often prove beneficial. One should divest himself of all clothing and walk about; rubbing or rolling the body while in contact with the air is also helpful.

Newspaper Headlines.
"Personal Notes."

John Hassall's Interpretation of a Child's Idea of Grand-parental Face and Figure.

Olympian Festival History.

By J. T. Nichols.

HUNDREDS of years before the Christian era, when the inhabitants of these islands were denizens of forests, engaged in perpetual warfare and strife, the foundations of a great and mighty Empire were being slowly but surely and effectively laid. Purely a religious function, the "Olympian Festival," as it is called, was the chief of four similar institutions brought about at the instigation of the church.

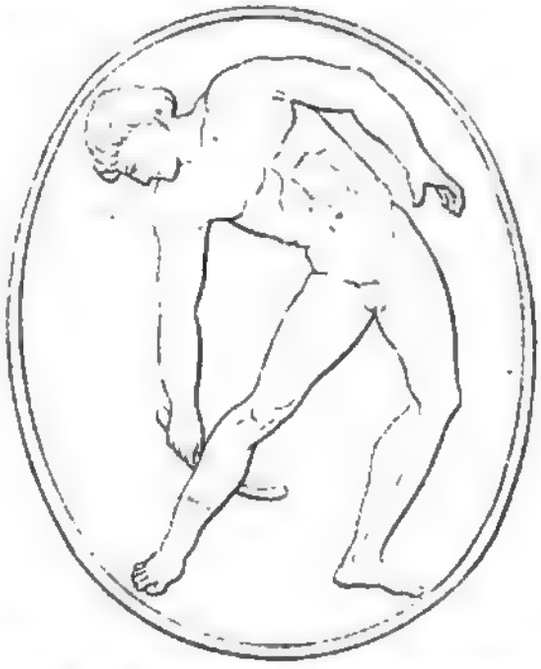
This religious body, it must be understood, was to all intents and purposes the governing committee. Anything that was made law, or enforced upon the community, was done so after being duly endorsed by the church. The reverence and high esteem in which religion was held will suffice to show why such an active interest was displayed in these athletic gatherings.

In an age of little learning and research, continually interrupted by long and bloody wars with the surrounding peoples who were foreign to Greece, strength and agility essentially played an important part in the welfare of the country. It was imperative that an ambitious man should be a worthy exponent of physical culture. Kingdoms were acquired by the strength of the arm, and by the strength of the arm were they maintained. A weak and despicable specimen of humanity never adorned an ancient throne. The man who had excelled in sport, hunting and warfare was the chosen individual.

When elevated to his kingly position, it was absolutely necessary that he should rule with a severe, but at the same time just, hand. Otherwise civil war would be the inevitable outcome, which would undoubtedly bring disaster and ruin to his people, and lay waste his dominions.

From all parts of the country people would flock to witness the struggles of the most worthy exponents of athleticism the age could produce. Of the many items on the programme, I will take the chief.

Chariot races were very prominent among the Greeks, as among their successors, the Romans. Great honours and valuable prizes awaited the triumphant victors. Foot races were no less important, and the competitors ran unhandicapped, a feature which our present-day judges are likely to disapprove.



Grecian athlete using the strigil, an appliance for massage-scraping the body following application of oil.

Although boxing was not altogether an unknown art, as it was among the earliest Egyptians, it was not practised to any great extent. It, however, occupied a position at most athletic gatherings.

Single combats with short swords were of frequent occurrence, and great skill was displayed by the exponents of this mode of self-defence.

Of the sports mentioned, and many minor ones too numerous to mention, none figured so prominently as did wrestling. No greater honour was accorded to any exponent of any branch of athleticism than to the victorious champion of wrestling. The bodies of the competitors, who were entirely nude, were well oiled several times previous to a combat. Apparently the style pursued by the Greeks bore some resemblance to our present style known as catch-as-catch-can. For we are told that clutches and holds were allowed on any part of the body, and that prolonged struggles often ensued on the ground.

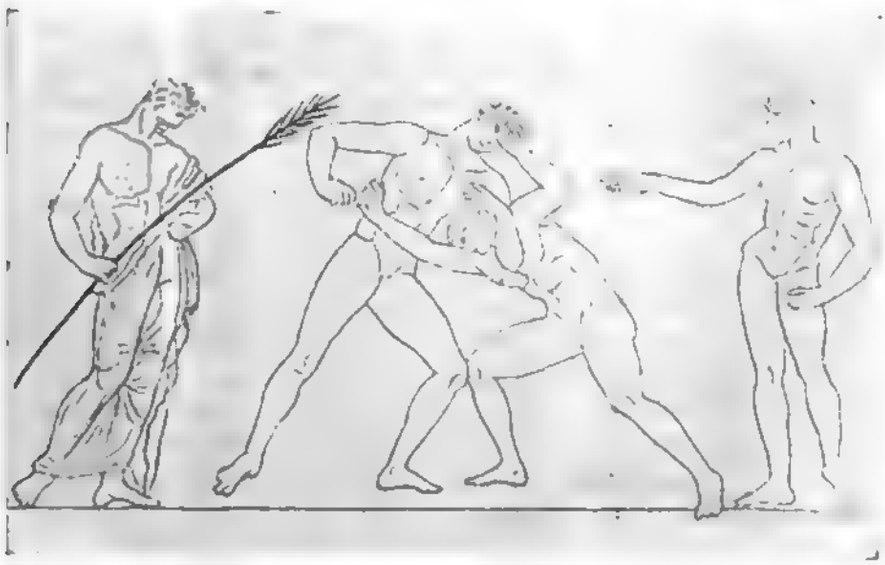
It was in all probability due to the almost universal adoption of body development that such a high physical standard of perfection was attained in the early ages.

Thus, it will be seen, that from the very commencement, physical culturists have acquitted themselves most admirably as citizens of the world, in the same manner as they are doing to-day. If it were not for muscular exercise and devotion to athletic pastimes on the part of a large section of the community, we should assume proportions that would do credit to a cattle show.

We have received official notice that the Olympic games will commence at Athens, in the Ancient Stadion, on April 22, and last until May 2. The sports are organised by an influential committee, under the presidency of H.R.H. the Crown Prince of Greece, Duke of Sparta. The programme includes flat races, hurdle races, jumping, throwing the discus stone, putting the shot, weight-lifting, wrestling (Græco-Roman style), tug-of-war, walking, climbing the rope, and gymnastics. New features have been introduced in lawn-tennis tournaments and football contests, as well as fencing, swimming, diving, bicycling, rowing, and, last, but not least, shooting. The shooting will include: Any recognised army rifle 300 metres, standing or kneeling; Gras army rifle 200 metres, standing or kneeling; any rifle 300 metres, standing or kneeling, international

Grecian Athletes Bathing.

teams, any rifle, 300 metres, standing, kneeling, and prone, teams of five, of same nationality; any recognised army revolver 20 metres; army revolver service modele Chamelot-Deloigne 1873, 1874, 20 metres; any revolver, 25 metres; any revolver, 50 metres; duelling pistols, 20 metres, with deliberate aim; duelling pistols, 25 metres, at command; sporting shot-gun, clay pigeons, singles; sporting shot-gun, clay pigeons, double. Amateurs only are allowed to compete in the games, and these must be vouched for by an amateur club recognised by the committee. Notice of intention to compete has to be sent to the committee for the Olympic Games, 3 University Street, Athens, before the 22nd of March. The prizes will consist of cups, medals, diplomas, etc., which will be awarded to first, second, and third winners in each event. In the flat race, one of the most interesting events will be the Marathon race of 42 kilometres from Marathon to Athens.



Ancient Grecian Wrestling.

The Nicotine Habit.

By F. L. OSWALD, M.D.

IN the course of the last eighteen months, about a hundred writers have called attention to the rapid spread of the tobacco habit. The number of those observers is not limited to the medical profession. Philanthropists, lovers of fresh air, educational reformers, reformers on general principles, have added their protest against the encouragement of a nuisance that threatens to poison the atmosphere of our playgrounds, as well as of our pleasure resorts and public promenades.

Cigarette smoking has become the besetting sin of the rising generation. For one youngster caught in a public-house a hundred can be seen buying or manufacturing the means of a nicotine debauch. The nicotine vice is raging with the virulence of a contagious disease.

Yet thus far not a single writer on the possible cure of that epidemic appears to have recognised its cause. A medical friend of mine patronises a "clipping bureau" for the special purpose of studying the current literature of that subject. They have sent him bundles of anti-tobacco treatises in the form of magazine articles; lately also newspaper paragraphs, lay-sermons, pamphlets, indisputably eloquent, many of them. Yet not as much as a hint at the reason why the tobacco habit is spreading so much faster than any other stimulant vice, portentously much faster even than the alcohol passion that has now afflicted the progeny of Adam for the last fifty centuries. In less than three centuries and a half the nicotine serpent has carried the traces of its slime to territories representing an aggregate of 20,000,000 square miles, and slipped into doors that have remained closed to the dragon of alcohol. Tobacco smoke defiles the homes of the religiously abstemious Turks, and the constitutionally temperate Spaniards.

Now, in the Empire of Moloch the rule of precedence makes weak poisons give way to stronger ones; yet it can hardly be said that tobacco is a deadlier foe to health than rum. Nor can we suppose that the nicotine vice is more easily acquired than the alcohol vice. The sea-sickness-like nausea warning the incipient smoker is quite as impressive as the "head" of the juvenile toper.

The question then recurs: Why does the tobacco vice spread faster than the rum, beer, wine, tea and coffee habits taken together?

The key to the mystery of that problem can be found in the fact that the tobacco smoker forces the germs of the epidemic upon the surrounding atmosphere. It cannot be denied that drink-crazed fathers now and then compel their children to share their tipples. John B. Gough and Father de Smet relate outrages of that kind. Yet for one youngster thus fuddled with brandy or beer in any civilised country of the present world, at least a hundred are forced to inhale nicotine fumes. Infants breathe tobacco smoke in the crowded homes of poverty, apprentices in workshops, young men in factories, barracks, auction rooms, pleasure resorts. Nausea at last gives way to what physiologists call a "state of organic tolerance"; in other words, instinct ceases to protest against a too often repeated and apparently irremediable affliction. And by a well-known process

of evolution, tolerance begets a vague desire, and finally an all but uncontrollable passion.

Should that dissemination of a life-blighting epidemic be allowed to continue? Chinese legislators are wiser—to that extent. They tried to banish opium altogether, so persistently, indeed, that pious John Bull had to batter the gates of their seaport towns, and that plan failing, they did enforce a bye-law banishing opium smokers to out-of-the-way dens. The traffic, in compliance with international treaties, had to be legalised, but both the law and public opinion frowns on the dope-fiend who should venture to conduct his manufacture of poison fumes in a public assembly-room. Opium smoking is tabooed in military barracks. On ship-board its legality seems often to depend upon a plurality vote. In dwelling-houses the smoker is pretty sure to be out-voted, unless he can afford the luxury of a private poison den. And all that as the result of experience, of repeated experiments with let-alone methods.

Law-givers and the law of self-preservation had to combine against a poison that can recruit the army of its victims by means of atmospheric influences.

Even thus, public and private hygiene should combine against the tobacco epidemic. No moral remedies will avail while the seeds of the contagion are scattered broadcast. We might as well hope to fight intemperance with tracts and lectures, after allowing millions to be publicly and compulsively fuddled with alcoholic beverages. Like dope-fiends, tobacco worshippers should be relegated to private smoking-rooms and private promenades. Poisoning the life-air of minors should be made a misdemeanour. Mothers and nurses should be taught to guard their wards from nicotine fumes, just as they would guard them from brandy and laudanum.

"Many an infant," says Dr. Trall, "has been killed outright in its cradle by the tobacco smoke with which a thoughtless father filled an unventilated room."

Children who have survived that ordeal should be taught to avoid nicotine fumes as they would shun the effluvia of a small-pox patient. And, luckily, Nature aids that precaution in a way of her own. The stimulant of pure, cold air, too, can become a "second nature." Young tourists who have learned to enjoy the bracing atmosphere of the hills and woods turn with a shudder from the scent of noxious gases, and in the Pedagogium (country boarding college) of Glefeld, Germany, secret tobacco smokers were ostracised by their comrades whenever an influential plurality returned from a vacation romp in the highlands. To these outing parties nicotine had become something worse than a nuisance. They would have connived at coal-smoke or kitchen fumes, but combined against a torment involving retching fits and sick-headaches.

And chemistry accounts for those symptoms of distress. "Nicotine," says Dr. Gustav Le Bon, "is not the only virulent ingredient of that plant; tobacco leaves contain prussic acid, collidine, and carbonic oxides, besides a number of volatile oils similar to those of crude opium. The liquid resulting from the condensation of these substances is extremely poisonous. It is only necessary to inject the smallest quantities into the circulatory system of an animal to see him succumb to various symptoms of paralysis."

Upon the nerves of the confirmed smoker the effect of tobacco is that of a sedative, following transient symptoms of stimulation, and it is a suggestive fact that the smoking habit proves specially seductive to individuals and nations who have been deprived of better pastimes; children transferred from a free-and-easy home to the restraints of a town; warrior races reduced to a state of irksome inactivity. The Turks thus became passionate smokers. Nicotine deadens the instincts clamouring for the field sports and martial enterprises of bygone ages.

"L'Anne terrible," the terror year of Metz and Sedan, has had a similar effect on the French; the tobacco smoke of an enforced peace may prove a worse course than the Napoleonic powder-smoke.

Exciting field sports, stimulating pastimes of any kind, should therefore be classed with the antidotes of the nicotine habit. Competitive gymnastics and athletics have redeemed topers on whom

lectures would have been thrown away. The plan of counteracting poison habits by means of chemical antidotes has proved successful in an indisputably large number of cases, though it always involves the risk of developing a hankering after the antidote, "thus often substituting an expensive for a cheaper tipple," as Dr. Herman Krause expresses it. Experiments in that direction should, however, not be discouraged, and a German medical journal mentions the case of an inveterate smoker who got cured by a few months' work in a laboratory of a Leipzig manufacturer of artificial perfumes. He had not swallowed any special chemical, except accidentally, perhaps, with slightly tainted drinking water, and he attributed his deliverance to the strong odour of artificial neroli, an imitation of the fragrant oil of orange blossoms.

A strong scented, though not equally attractive substance, viz., formic acid, is said to have a similar effect. Inhaled, like smelling salts, from a small bottle, it gradually causes an indifference or aversion to nicotine fumes, provided that the habit has not been confirmed by the indulgence of too many years.

A diet of fat likewise counteracts the tobacco passion. The most inveterate smokers of the world, the south Spaniards, subsist upon rather meagre fare, while the gravy-worshipping darkeys smoke tobacco under the influence of the imitation instinct, more than of a personal predilection. "He might sample whisky if he could find it, but he doesn't touch my cigars," said a railway magnate, in summing up the merits of his coloured servant. The train-oil soaked Esquimaux drink rum like water, but few of them would take tobacco as a gift. The explanation may be that fat itself is a kind of organic sedative, making other anodynes superfluous.

And, on the other hand, nicotine seems to have a tendency to make fat less digestible. In high latitudes, where butter, fat meat or vegetable oils are indispensable, the organism takes less kindly to an anti-fat stimulant; inveterate smokers are generally as lean as Spanish schoolteachers, unless they cultivate a bypassion for beer; and the higher branches of the tobacco cultus are developed only in the tropics. Children should not be subjected to the ordeal of a Lenten fare; the pennies saved on butter are apt to be wasted on cigarettes.

Not to mention doctor's bills, the disorders induced by the indulgence of the tobacco passion are as numerous as the virulent ingredients of the nicotia plant, and include nervousness, impaired digestion, lung diseases, heart complaints, loss of memory, loss of mental and physical vigour.

Tobacco has broken the power of the Ottoman Empire. One nation of the Mussulman world, the valiant Wahabees of central Arabia, have closed tabagies and made tobacco smoking a misdemeanour, tobacco peddling a felony; but a century may pass before our Government can be induced to relinquish its tobacco revenues. In the meantime, what solution there is must come from home treatment and municipal reform.

Nobody Interfered.

EX-PRESIDENT CLEVELAND used to fish and shoot in the Barnegat Bay district, says *The Boston Herald*. John Camburn, a guide, says that one cold, wet night Mr. Cleveland got lost. He wandered through the rain and darkness, trying to find his party, but not a house could he see, nor a light, nor a road.

Finally, he struck a narrow lane, and in due course a house appeared. It was not late. Mr. Cleveland was cold and tired. He thought he could go no further, so he banged at the door till a window on the second floor went up, and a gruff voice said:

"Who are you?"

"A friend," said Mr. Cleveland.

"What do you want?"

"I want to stay here all night?"

"Stay there, then."

And the window descended with a bang, and Mr. Cleveland shouldered his gun again and wearily resumed his journey.

"I HAVE never taken any exercise, except sleeping and resting, and I never intend to take any. Exercise is loathsome. And it cannot be any benefit when you are tired; I was always tired." Thus Mark Twain, the unofficial humourist of the world. Would not a little judicious exercise have abated Mark's chronic weariness and made a happy man of him?

BATHING FOR HEALTH.

By an M.D.

THE medical philosopher Virchow expresses a regret that reformers of ecclesiastic abuses did not discriminate in favour of the sensible rule prescribing a periodic fast day—"not," he adds, "as if there were any merit in complying with mysterious ordinances or in systematic self-denial, but simply because ninety-nine of a hundred people eat more than they can digest."

In a similar manner we might define the sanitary value of a cold bath. Refrigeration *per se* could hardly be said to answer a hygienic purpose, if it were not for the circumstance that on nine out of ten days the human organism is overburdened with warmth. We load ourselves with superfluous dry goods, heat the blood, even in midsummer, with calorific viands and steaming hot drinks, caustic spices and liquors, and carry the precaution against winter frost to a preposterous excess.

The necessity of counteracting the joint effect of these grievances makes frequent refrigeration one of the chief remedies of nature; but its unmistakable benefits misled the founder of hydropathy to prescribe daily cold baths, almost as the author of the Koran prescribes daily prayers, *i.e.*, for their own sake, as sacraments having a value independent of circumstances.

And there is no doubt that the doctrine of Priesnitz has led to serious sanitary mistakes. The beneficial effect of refrigeration depends upon the degree of superfluous warmth to be counteracted, and a cooling bath at the end of a sweltering day has saved more than one life and braced the organism for further efforts of muscle and brain, as well as for the task of digestion. But a plunge bath in an ice-fringed river and after a long march in the teeth of a blizzard strain the disease-resisting faculty of the system as severely as a surfeit of greasy-made dishes in the dog days. I have known it to result in a fever fit as obstinate as the febrile delirium following a sunstroke; the patient complains of dull headaches and of dyspnœa—a peculiar difficulty in breathing, though at first the lungs worked in gasps, desperately striving to make amends for the sudden deficit of organic warmth.

It was at the end of a march against a chill mountain wind of the Syrian highlands, when the Emperor Barbarossa slipped with his horse into a cold brook, and died from exhaustion before his alarmed attendants were able to procure fuel for a camp fire. In a similar manner Prince Poniatowski perished in the floods of the Elster, near the battlefield of Leipzig, and of the eighteen thousand men, women and children who went down with the wreck of the Beresina bridge, only those recovered who had strength enough left to take Chief Surgeon Gordan's advice. "Keep moving! keep trotting! for your lives!" cried the old doctor, as the ice-water drenched wretches scrambled up the west side bank. "Keep running to Radovetz, and we will burn down all the planks in the lumber yards to keep you warm, but don't try to rest in a half-way shelter; one chill on top of that plunge will make an end of you."

And so emphatic is the protest of nature against cold winter baths that bears and moose bulls will make detours of many miles rather than swim a drift-ice river. Children soused in cold weather by a Priesnitz fanatic are apt to contract not only a fever but a permanent prejudice against bathing in any form.

"My Swiss guides," says Professor Tyndall, "were amazed to see me strip and plunge into the pool of an Alpine rivulet. Their well-meant remonstrance was founded upon the supposed peril of the contrast between the temperature of the brook and that of the sweltering summer day; but it was that very contrast

that guaranteed the safety of the experiment. There can be no possible danger in cold bathing when the body has a great amount of caloric to spare. In winter, on the other hand, when the organism has already been deprived of much of its needed warmth, a cold bath may have serious, very serious, consequences."

In midsummer the remedy of refrigeration can, indeed, hardly be administered in overdoses. The natives of Spanish America and of all southern Europe become semi-aquatic in the dog days, sporting in the surf like seals for hours together, or interrupting their handicrafts by a rush to the river bank and diving in again and again.

Warm baths in winter may also serve a sanitary purpose, but it must be admitted that the limit of their hygienic utility is much more apt to be exceeded. The fact is that there are too many other methods for counteracting cold weather, and that the great plurality of mankind uses them all to excess. In addition to stove heat and calorific food, warm baths tend to relax the vigour of the organism, and were included by a Latin poet among the three chief factors of degeneration.

The Romans, however, seem to have overrated the benefit of sunbaths. The houses of the rich were fitted with special glass cupolas to facilitate the enjoyment of an hour's exposure to the rays of the sun, in summer as well as in winter, and the candid opinion of modern experimenters confirms Dr. Brissot's verdict that the main value of the practice was simply that of an air bath. We breathe through the pores of our skin, as well as through the cells of our lungs, and artificial teguments obstruct at least one-half of that cutaneous perspiration; hence the fact that the distress of a far-gone consumptive can be temporarily relieved by a warm sponge bath, followed by an hour's exposure to the air of a moderately warmed room. The clogged pores, having been expurgated by the bath and freed from the additional impediment of sweltering dry goods, breathe with twice their usual efficiency, and by that must help to ease the work of the lungs.

Benjamin Franklin also recommends air baths as an insomnia cure. "Sitting entirely nude at the foot of my bed," he says, "I soon overcome the feeling of feverish sleeplessness, and then, returning to bed, can generally count upon enjoying a few hours of refreshing sleep."

Medicated baths of all sorts have likewise been recommended and achieved transient popularity, like patent nostrums with a persistent advertisement manager. There is hardly a mineral solution, vegetable extract, or perfume which sometimes and somewhere has not been puffed as a health-giving ingredient of a bathing fluid. Bishop Butler waxed eloquent on the subject of tar water baths; Dr. Wiegand, the Thuringian Esculapius, recommended pine leaf baths, which are still in demand among the visitors of various German summer resorts, and King Jerome, the scapegrace brother of the first Napoleon, tried to restore his exhausted vigour by bathing in Rhine wine, which, according to the whispers of contemporary scandal mongers, was then rebottled for export.

[Other articles on bathing as a health factor will appear in future issues.—THE ED.]

WHEN WATER FEELS NEITHER WARM NOR COLD.—The physiological zero, or the temperature that seems to the human body neither warm nor cold, has been investigated by M. Maurel, a French physiologist. He immersed his body in baths of air and water of various temperatures, and has brought out the surprising fact that the unfelt temperature is considerably below that of the skin, or between 86 degs. and 91 degs. F. A bath having our own temperature gives us a sensation of heat—a curious fact due to the action of the heat-regulating mechanism of the body.

ANDREW CARNEGIE, the Scotch-American millionaire who is "great" on golf and walking as exercises, recently said: "There is no one who believes in good wholesome sport and exercise more than I. It brightens the mind and enlivens the body. Every young person, unless he has some marked physical disability, should take part in sports or some form of exercise. The rational development of the mental and physical elements of one's make-up demand reasonable exertion."

A CALIFORNIA physician declares that brain action in the creation of thought is electrical in its nature. That would account for a great many shocking ideas.

THE ORIGIN OF VEGETABLES.

Spinach is a Persian plant.
Filberts came from Greece.
Quinces came from Corinth.
The turnip came from Rome.
The peach came from Persia.
The nasturtium came from Peru.
Horse radish is a native of England.
Melons were found originally in Asia.
Sage is a native of the south of Europe.
Sweet marjoram is a native of Portugal.
The bean is said to be a native of Egypt.

Damsons originally came from Damascus.

The pea is a native of the south of Europe.

Coriander seed came originally from the East.

The gooseberry is indigenous to Great Britain.

Ginger is a native of the East and West Indies.

Apricots are indigenous to the plains of America.

Pears were brought from the East by the Romans.

The walnut is a native of Persia, the Caucasus and China.

Capers originally grew wild in Greece and northern Africa.

Garlic came from Sicily and the shores of the Mediterranean.

Asparagus was originally a wild sea-coast plant of Great Britain.

The clove is a native of the Malacca Islands, as also is the nutmeg.

Cherries were known in Asia as far back as the seventeenth century.

The tomato is a native of South America, and takes its name from a Portuguese word.

Apples were originally brought from the East by the Romans. The crab apple is indigenous to Great Britain.

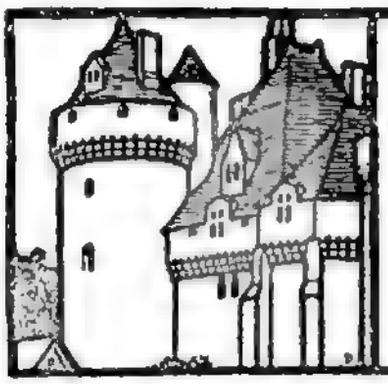
Parsley is said to have come from Egypt, and mythology tells us it was used to adorn the head of Hercules.

Photo Prize Competition (September).

(OVER 18).

3rd—F. W. JOHNSON (Grantham). 2nd—HESSIAN. 1st—E. WALTON (Leytonstone, E.).

For particulars of Prize Photo Competition, Entrants, Prize-winners and their Measurements, etc., see "Club" & pages 185 & 191.



GOLF AS AN ATHLETIC GAME.

Physical Culturists will no doubt be interested in reading this Golf enthusiast's opinion of his game.

IT was the fashion about twenty years ago to deride any claims that were advanced that golf should be considered an athletic game. At that time a critic was often heard to declare that golf, as a form of exercise, was good enough for little boys or very elderly men. There was not apparently enough of hard muscular exercise to be extracted from the tee shot and the gentle walk round the links. Any kind of athletic exercise which was not as severe a test of physical endurance as heavy agricultural labour in the fields was apparently to have no claim allowed of being capable of satisfying all the needs in the way of athletic exercise of every age and class in the community. Of late years, however, that point of view has been greatly modified. A slow and gradual process of respectful admiration for golf as an athletic game has become very widespread in the course of the last few years. The tone of the general sentiment has changed, and not so much is heard in these days of the scoffing rebuke cast at golf enthusiasts that the game is good enough as a form of gentle exercise for the feeble and the old. Indeed, one of the reasons why the game has become so increasingly popular, especially in all our large centres of population, is because there is a competition among the members of social groups to recommend the game as one of the best health restorers that can be found. It would be idle to pretend that the popularity was either a sudden craze or a whim of fashion which endured for a few months and then disappeared as suddenly as it had grown into favour. No player, however socially influential he may be, can ever hope to induce thousands of recruits to join the golfing standard every year simply because it may be the fashionable element in the social creed of the day not to expose oneself to the charge of being more ignorant of the technical jargon of golf than of the varied combinations of bridge.

The truth, indeed, seems to be that golf is becoming more and more popular with the young than it is even with the middle-aged and the elderly. Ideas about the fitness of the game to develop muscle and to give the excitement of a struggle seem to have been entirely recast. The number of young men who have taken up golf as their principal athletic exercise seems to be swelling every year, and, before the changed attitude of mind could have been brought about that the game was not athletic enough for the young and vigorous, a good deal of experience seems to have been needed to convince all and sundry of the hastiness and error of the original condemnation. It may be admitted, with perfect frankness, even by the warmest lover of the game, that golf is not an athletic exercise in the sense in which cricket and football are admittedly looked upon as being the best forms of outdoor exercise for the young and the hardy. But there is a distinct sense in which golf has a high claim to be looked upon as an athletic game of the first importance. The essence of an athletic game is that there should be grace in the muscular movements, combined with a great deal of muscular strength to perform them. Everyone acknowledges that the most beneficial athletic game is not that which tests and develops one part of the

muscular system at the expense of the rest of the body. Games which tend in that direction are more likely to become hurtful than beneficial to the physique. Looked at from the scientific standpoint, therefore, it is easy to see how the popular error that golf was not an athletic game grew and became widespread. Golf is a game in which the elaborate grace of movement needful for the effective playing of every shot is so obviously apparent to the eye of the superficial observer that it overlies and hides the prime necessity on the part of the player to be richly endowed with a great deal of physical strength. The game, indeed, when it is played in its highest perfection, is based upon muscular strength. Hence we have the curious anomaly in respect of golf that the indispensable grace of movements which are needed to play the game are just those elements in it which have lured the unthinking observer to come to the conclusion that no muscular strength is needed to play it either adequately or well.

The highest combinations of strength, blended with grace, are, of course, to be found among our leading professional and amateur players. He would, indeed, be an extremely bold critic who would deny the possession of great bodily strength to any of our leading players. The strength which has been acquired in following the game on the links is not, of course, that capacity of muscular force which is revealed in the thews and sinews of a Sandow or the professional weight-lifter. In isolated movements of muscular power designed to accomplish a certain particular end the strength of the golfer would be powerless to compete. It would be the matching of David with Goliath, bereft of the grace of slinging the useful catapult; but Sandow and all the members of his muscular tribe, with all their muscular force, would be equally powerless to cope in strength and grace of movement in striking a ball with the golf club off the tee, matched either against Braid or Taylor. That common observation of life on the links attaches a great deal of importance to the muscular and athletic side of the game may be easily judged by the snatches of random conversation that may be overheard at an important match. When it is a case where two players are equally matched in scientific skill, but the one physically strong and the other weaker in muscular strength, what is the general estimate of the respective chances of each competitor? The eye of the golfing crowd has wandered scrutinisingly over the physique of the players, and the popular judgment has summed them up with one comprehensive sweep. That judgment generally resolves itself into a short and emphatic declaration that he who is the weaker player, from the athletic point of view, is almost certain to lose the match. The weaker player may be a more finished and skilful player than the other, and the general testimony all points in the direction of admitting that fact. On the other hand, however, it is as clearly pointed out that he has not the needful stamina to stand the prolonged strain of wear and tear bound to be produced by such an encounter, and though up to the last few holes a stubborn fight may be waged, for lack of the needful stamina the weaker player cannot hinder himself from being driven to the wall. The combination of strength and grace is never better illustrated than in a keenly contested professional match, or in the final round of a competition for a prize which both competitors are extremely anxious to obtain. Let anyone note the formation of the muscular hands and the tense strain of the whipcord wrists as a professional, in hard and constant play, grasps his club at the tee. For the sake of curiosity, let the delicate finger of the curious press the taut muscle of the forearm and the rigid biceps. If he is not convinced that the practice of golf is an athletic game, then there are no other means of convincing him of the wilfulness of his error. It must have been a comical wag who saw no athletic exercise in golf who tried to convince Andrew Kirkaldy that this well-known professional needed to take a great deal of dumb-bell exercise if he wanted to drive a longer and steadier ball. In a weak moment Andrew, who is built like a

Roman legionary, adopted the wag's advice, and entered upon a course of special dumb-bell training in order to improve his muscle. But the result was different from that which had been contemplated. The already hard muscles of the professional were made so rigid that the growth of his biceps interfered with the swing of his club, and his game became worsened instead of improved. He got, indeed, into that condition which athletes describe as "muscle-bound," and, in order to get back into his normal form, he had promptly to discontinue the use of dumb-bells. He, at any rate, was convinced that, to play golf, almost continuously brought to him as much, in the way of athletic development, as any player of any game need desire. The same deduction from golf exercise holds good with all players, while the strain on muscle and temper resulting from two hard rounds of the links a day are acknowledged by all golfers, whose opinions are worthy of respectful consideration, to be as much in the way of athleticism as is reasonably good for the preservation of a high state of health and the muscular development of the body.

A Football Instructor for Day Schools.

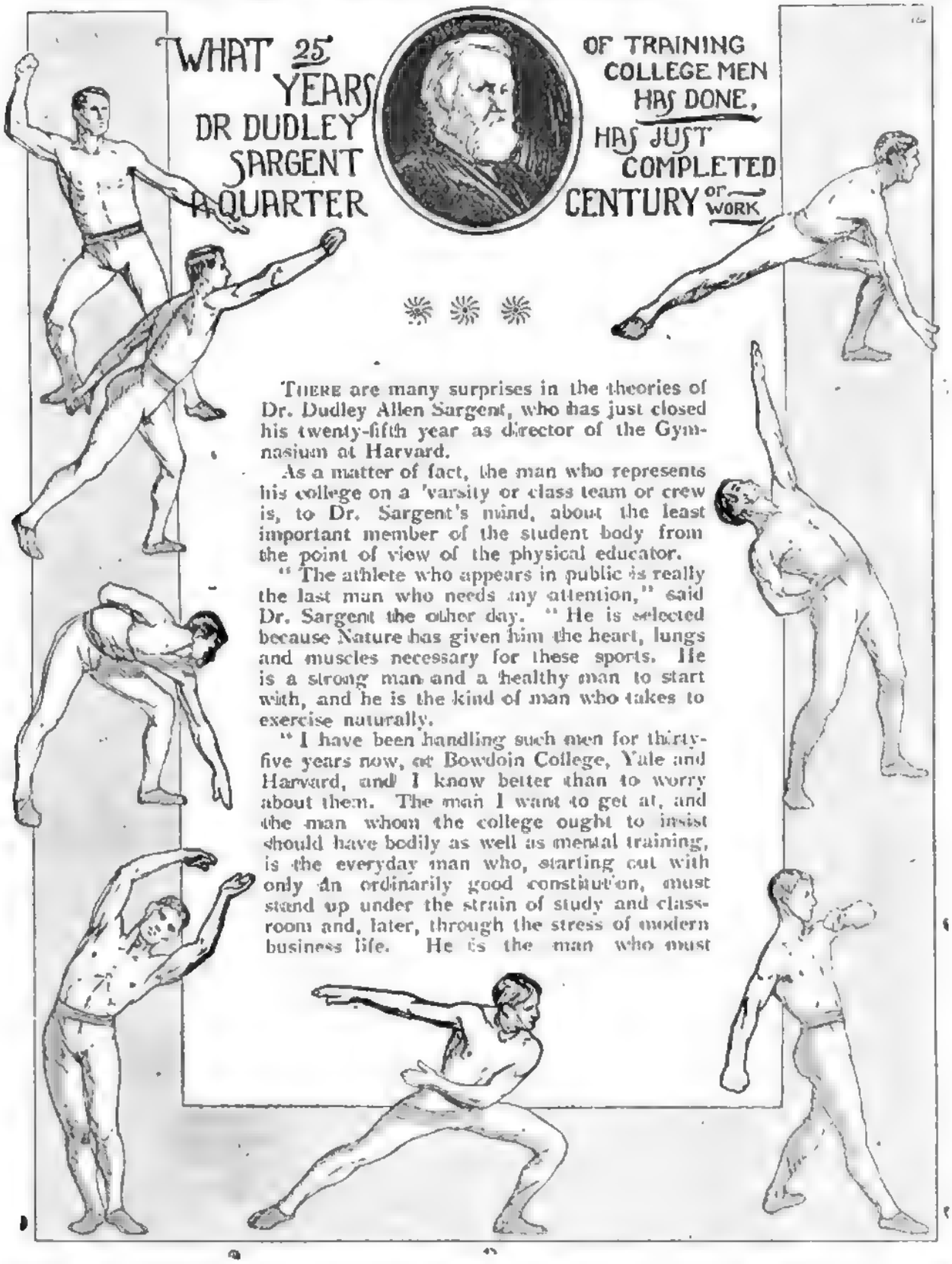
Amazement, if no stronger feeling, is excited by the announcement that the Education Committee of the London Central School District has decided to appoint a football instructor to the Hanwell Schools at a salary of ten shillings per week. And entirely apart from economical considerations, such a practice suggests a very serious train of thought. We have long been accustomed to the professional cricketer at our public schools, and he is now an important feature of the best preparatory establishments; but to the best of our knowledge neither Eton, nor Rugby, nor Winchester can yet boast of a paid football coach. Hanwell has clearly the advantage over them; but, on the other hand, athletic prowess in any one of these great games is generally accepted at a public school in lieu of a first-class from an applicant for an assistant mastership. It is the spirit of the age, and the parents accept it, paying the price sometimes in the *débâcle* of their offspring before the examiners.

Athleticism is the national craze, and the Test Matches excite more interest than the Derby or the Cambridgeshire, to say nothing of the fate of Cabinets or the fall of Empires. We could understand the feeling better if there was something ennobling or invigorating in these ball games which monopolise the waking hours of our choicest manhood, and are the chief interest of the working classes; we could appreciate the excitement of the spectators if the cricket and football champions risked life and limb, like the matadors and toreadors of the Spanish arena. Such games are first-rate discipline for the young; they train the eye, they give wind and stamina; and it requires pluck for a lad to face fast bowling or stand up against a nasty rush at football. In the same way, golf and croquet are a solace for middle age, for the weary in foot and rheumatic of shoulder. But to "urge the flying ball," as if that were the be-all and end-all of existence, is to take a totally false view of life, and one which must lead inevitably to the deterioration of the national character and the national physique.—*The Globe.*

M.P.'s AND PHYSICAL DETERIORATION. The official Parliamentary report upon physical degeneration has furnished the basis of much future industrial and general hygienic legislation. In a sense it covers the whole ground of the relation between medical science and Parliament, inasmuch as it deals with the social product of pre-existing faulty conditions. The educated medical man studies symptoms in relation to their causes. When faced with a picture of national deterioration, of lessened stature, of shortened lives, of increasing lunacy, in a word of a dwindling national standard, both moral and physical, he sets himself to consider the causes of so vast a malady. Will the Parliaments of our generation be wise enough to call in the medical profession to their Privy Council, or will they leave so obvious a step to our children or our grandchildren?—*Medical Press.*

"A man may be healthy without being strong; but all health tends more or less towards strength, and all disease is weakness."
BEACON.

WHAT 25 YEARS OF TRAINING COLLEGE MEN HAS DONE, DR DUDLEY SARGENT HAS JUST COMPLETED A QUARTER CENTURY OF WORK



THERE are many surprises in the theories of Dr. Dudley Allen Sargent, who has just closed his twenty-fifth year as director of the Gymnasium at Harvard.

As a matter of fact, the man who represents his college on a 'varsity or class team or crew is, to Dr. Sargent's mind, about the least important member of the student body from the point of view of the physical educator.

"The athlete who appears in public is really the last man who needs any attention," said Dr. Sargent the other day. "He is selected because Nature has given him the heart, lungs and muscles necessary for these sports. He is a strong man and a healthy man to start with, and he is the kind of man who takes to exercise naturally.

"I have been handling such men for thirty-five years now, at Bowdoin College, Yale and Harvard, and I know better than to worry about them. The man I want to get at, and the man whom the college ought to insist should have bodily as well as mental training, is the everyday man who, starting out with only an ordinarily good constitution, must stand up under the strain of study and class-room and, later, through the stress of modern business life. He is the man who must develop his physique to support his brain and nerves."

Naturally, since this experience covers practically the whole periods of development of sports as they are practised to-day, what he has to say in *Health, Strength and Power*, which he has brought out, is as entertaining as it is authoritative.

In the advance in medicine during the last quarter century there has been nothing more striking than the emphasis laid on the value of the ounce of prevention over the pound of cure. But the same old difficulty has remained about persuading a well man to keep himself well. Even if he was persuaded to take up regular exercising he was likely to regard it, in many of the systems and methods so loudly promulgated, a drudgery and a bore. "It is too much like work" is a common way of looking at it; and efforts are so unintelligently directed as to be worthless in producing results.

BREATHING AND HEALTH. By W. R. Latson, M.D.

IN an ancient symbol the vital functions are represented by a snake with its tail in its mouth, indicating that the process of life is an unbroken cycle, each function depending upon the others. Modern science confirms this view; and proves that to interfere with one function is to embarass all to invigorate one is to accelerate all.

And yet, while no one function can be regarded as beginning the cycle of physiological activities, it would seem that, for many reasons, respiration should be considered the first.

The importance of the breathing has been recognised in all ages. In many religious systems the breathing occupies first place as a means of training in self-control and abstraction, and as a ceremonial. In the book of Genesis the Jahvist represents God as breathing into insensate man the breath of life; "and man became a living soul." In the Hebrew language the aspirate Ha is one of the names of deity; in fact, a part of the name of the Hebrew God, Jehovah. It is related that when God changed the names of Abram and Sarai as a mark of His favour, He added to those names the sacred sound Ha, making the names Abraham and Sarah. Among the Hindoos prana, or the breath, is the principal primary method of attaining concentration and poise. The sacred word Om (pronounced ah-oo-m) is simply a breathing exercise, inducing a peculiarly harmonious action of the vocal and respiratory muscles. The long, deep breath (prana nyama) of the Hindoo mystics requires exquisite muscular control, and so develops self-command and concentration.

Among certain savage tribes the salutation of respect consists in exhaling gently through the open mouth upon the forehead of the person saluted. In many languages the words of God for life and for breath are identical, or show a common origin.

So, among the more intelligent peoples of all ages, has the importance of the breathing function been recognised. Modern civilisation alone ignores it. Modern civilisation alone impedes and strangles this most important function by corsets and belts, by tight neckware and coat collars, by breathing poisonous air, and by sedentary and indolent indoor lives.

The breath is the life. Without food a man may live for forty, fifty, sixty days, or even longer. Without fluids he can live for several days. Without air he will die in a few minutes. Of all essentials to life the oxygen of the air is the most important. This oxygen is obtained by breathing. The more we breathe, the more oxygen; the more oxygen, the more life.

The lungs consist of a mass of small openings, or lobules, infinitely numerous, into which the air is drawn at every breath. The number of these ultimate lobules is estimated to be 600,000,000. The extent of the surface through which the inhaled oxygen is absorbed is about thirteen hundred square feet, approximately equal to the floor of a room thirty-five feet square. Through this surface the lungs daily excrete about 1,300 grains, or over two pounds (considerably more than a fluid quart) of poisonous matters. In fact, one-third of all the waste and poisonous matter resulting from the change of body tissue is excreted through the lungs.

The blood circulates through the body, collecting as it goes the poisons formed by the breaking down of tissue. These poisonous matters the blood carries to the lungs, where they are given up and exhaled with the breath in the form of carbonic acid gas and other poisonous vapours. After throwing off its accumulation of poisonous matters the blood absorbs all the oxygen obtainable in the lungs. This oxygen is then carried by the blood to the tissues for their upbuilding. Three times in every minute the blood makes a complete circuit, carrying oxygen to the tissues and returning to the lungs laden with the waste and poisonous matters resulting from tissue waste.

Full use of the lungs always means

strength. Throughout the animal creation—from the mouse, which breathes 150 times a minute, to the elephant, which breathes six—one rule holds good, the stronger the animal the more slowly and deeply it breathes. In proportion to its bulk an ant is twenty times stronger than an ox, and consumes eight times as much oxygen.

The same rule applies to mankind. The great men are always great breathers. The "men at the top" are always the big-chested ones. As a rule of general application, it may be stated that the capacity of the chest is an index of the mental and physical powers of the individual. The greatest men of all times and countries—the Napoleons, the Martin Luthers, the Cromwells, the Daniel Websters, the Gladstones—all were deep-breasted, full breathing men. The great statesman, the great general, the great preacher, the great prize fighter—Bismarck, Wellington, Phillips Brooks, John L. Sullivan—all have this in common, the fully developed, fully acting lung, the consequent vitality, and the power which comes from vitality.

Very few people breathe properly. In an examination of several thousand cases the writer found less than one per cent. of men and women who made proper use of their lungs. It may be noted in passing that each of those found with normal respiration was remarkable for power in some particular line. Two of the men and two of the women found to be normal are famous vocalists. Two of the men were successful business men, self raised from early poverty. One of the men was a burly negro, possessed of the figure and the strength of a Hercules. Another of the men is the greatest prize fighter that this country has produced.

The results of normal use of the lungs may be stated as follows:—

1. Increased nutrition.
2. Increased elimination.
3. Healthy condition of the lungs themselves, and of their important covering, the mucous membrane; also the mucous membrane lining the bronchial tubes, throat, mouth, and naso-pharynx.
4. Increase in peristalsis of stomach and intestines, resulting in improved digestion and assimilation, and stimulation of the other vital functions.
5. Restoration of the normal lines of the figure, the back straight, the chest high, broad and deep.
6. Immense increase in energy and endurance, due to improved elimination and nutrition.
7. Freedom from impurities of the skin, clear, bright eyes. This is due to the increased elimination of waste matters, which, when retained, often appear as "pimples," "blackheads," etc.
8. Gain in weight, filling out of hollow cheeks, neck and shoulders, due to improved nutrition.
9. Lastly, and to many most important of all, is the value of breathing and breathing exercises as a means of reaching higher mental and spiritual development. The breathing is, of all the vital functions, the one most under our control. The practice of the breathing as a mental exercise leads to a degree of self-control, self-realisation, and self-expression which would seem miraculous to the uninformed. Psychic breathing is one of the points of departure between the merely mental and the psychic phases of cosmic activity.

The most important result of full breathing, as we have already seen, is increased oxygenation of the blood and the augmented elimination of the waste matters carried by the blood to the lungs. In addition to these the mechanical action of full breathing accelerates the peristaltic movements of the stomach and intestines, and thereby helps digestion, assimilation, and all the other vital functions. The action of the heart, stomach, liver, kidneys, and of most other organs is beyond the direct control of the individual. The breathing, however, although usually unconscious, being presided over by the sympathetic nervous system, may at any moment be made voluntary. Of all the vital functions it is the one most largely under conscious control—the one most readily trained.

The conditions of proper breathing are few and simple. The first is proper carriage of the body, and the second is freedom from tight encircling bands, such

as corsets, belts, tight collars or waistcoats. The usual teaching is that there are three methods of taking in the breath —the clavicular, the lateral, and the abdominal. In the clavicular breath the abdomen is held immovable, and the inhaled air is allowed to raise and expand the ribs at the upper part of the chest. In lateral breathing the ribs at the side of the chest are expanded by the inhaled air, while the abdominal breath is taken by holding chest immovable and allowing diaphragm to move downward and abdominal walls outward.

It is usually stated that one of these breathing efforts is the correct one, and that the others are incorrect; also, that the normal respiration for women is the clavicular, and for men the abdominal. Such teaching could result only from a superficial study of abnormal models. In the normal breath the entire thorax chest, abdomen, sides and back expand with every inspiration. Such expansion, however, is possible only where the body is properly carried and is unconstricted.

Normal breathing is rare—very rare. Why is this so? In the first place, it is so only among civilised men and women, whose clothing and whose habits render the normal breathing movements impossible. In natural breathing the spine is straight, the body is held erect, and the entire trunk (chest, back, and abdominal walls) expands with the inhalation and contracts when the air is expelled.

With ordinary clothing, however, this action is impossible. In the case of a man, the wearing of a tight collar on shirt or coat, and the tightly buttoned waistcoat draws the head forward, contracts and depresses the chest, and rounds out the back. The chest in this position is unable to expand, and only the lower or "abdominal" breath can be taken. Among women, on the other hand, the wearing of tight belts, corsets, and skirt bands about the waist renders expansion in that region impossible. Providentially, however, the dressmakers allow some little freedom of the clothing over the chest and the unfortunate woman (complacent martyr to the modern Moloch) can breathe only by a fatiguing and unsightly expansion of the upper ribs, known as the "clavicular" breath.

Breathing is the most important act of our lives. To one who realises this—who appreciates that proper breathing means health and power—the questions come: "Can I learn to breathe normally?" "And how?"

Normal breathing can be learned by proper methods. The great difficulty is that the unused muscles are weakened by disuse and perhaps by pressure (as when a corset or tight belt has been worn), and sometimes these muscles are slow in acquiring normal development. The first point in learning to use the lungs properly in breathing is to carry the body correctly in standing and walking. Then, and only then, can the chest and waist expand.

WORK FOR YOUR HAPPINESS.

What is your Attitude towards your Vocation?

NO man can be happy except he is doing something for society. If he fails to do something to make the world better, if he fails to contribute something to the wealth and happiness of the world, he will fail to make himself happy.

Man is so created and contrived that he must work for the whole or suffer himself. There is no possible way for him to escape this obligation. If we are happy, it is because we are contributing to the happiness of others.

A selfish man can no more be happy than the kidneys can be healthy should they cease their function. It is the business of the kidneys to exclude from the blood poisonous substances that would otherwise affect the brain, the heart, the liver, the lungs, and every other organ. It is the business of the kidneys to work for these other organs, to protect them from harm. If the kidneys fail to do this, then the kidneys themselves become diseased and will soon perish.

If a man or woman retires from the world in a selfish spirit, determined to do nothing for anybody, resolves to live for himself wholly, with no regard for others; if a man or woman takes such an attitude towards the world, he is lost, he is doomed. Just so sure as the brain cannot live for itself and the eye cannot exist for its own purposes only, just so sure it is that no man or woman can shirk their duty in society and remain happy.

It is against Nature that men or women should become selfish. They might just as well try to live without oxygen, without water, without food, without raiment, as to live without doing something for others.

What is doing something for others? Is it becoming a missionary or a philanthropist; one who deserts his own interests and works for others without pay? Nothing of the sort. Such things may be done with good results, but generally they are very doubtful.

What we mean by working for others is to be of some use in the community. A good farmer is working for others. He is raising corn and vegetables for others to eat, for which he receives their pay.

A good architect is working for others. He is building houses and barns for others to occupy.

The man who preaches a good sermon is working for others. People who listen may be benefited by his sermon, and it may help them more than pounds and shillings would help them.

A man who has written a good book works for others. The book goes into the world bearing words of comfort, advice and entertainment to hundreds of people.

The man who composes good music, who invents a machine, or who locates a mine; the man who teaches school, or manages any legitimate enterprise, is working for others. Work may be done with the hands or brain. It is equally good work.

The woman who is rearing a family is working for others in the very best sense of the word, if she is doing it right. The woman who is weaving cloth, or writing an essay or designing a new pattern, acting as shorthand typist, clerk, or bookkeeper, she is working for others. Such people are fulfilling a healthy function in society. They are helping to make society healthy. Everyone who does not do these things is helping to make society unhealthy; every man or woman who sits around or lounges around with nothing to do is a diseased organ in society. Just exactly as if some bodily organ ceases its work, and thus deranges the human organism, so the man or woman who who does nothing deranges society. They very quickly become centres of immoral influences.

A person must do something in order to be happy; do something that betters society, to make the world a little better, a little richer, a little pleasanter. This

is the price of happiness which the Creator has fixed upon the universe.

Now, someone may be inclined to reply to this: "I have been working all my life, and yet I am not happy. It surely cannot be true that simply having work to do makes one happy."

We see the force of this criticism. Not all the people who work are happy. We know this right well. But it is the spirit with which their work is done, and not the work they do.

If one goes to work with the spirit that he is helping the world, that he is helping society, such work is bound to bring happiness. Many a man is doing a good work in the world, but his spirit is a selfish one. He cares not a whit whether he helps the world, or hurts the world. He works for himself wholly. To be sure, he may grow potatoes or build buildings which incidentally benefit others, but this is only incidental with him, and is not his purpose. He gets what money he can out of them, and cares nothing for the rest of it.

But a man who is building a house, and building it just as good as he can, hoping that it may make some other man happy, or a man who is growing crops on a farm and trying to make the crops as good as he can, trying to select such useful crops as will make other men happy, and doing it with a benevolent feeling, such a man will make just as much money for himself as the selfish man, and perhaps more, for he will be doing something for himself of greater benefit than money can buy. It is the benevolent attitude which one holds toward the world that makes work a blessing to him.

If a man says to himself: "Now, I am helping others in my work"; or, if a woman fondly hopes that what she is doing is being added to the sum of the world's goods, that sort of work will make the worker happy.

A man with a selfish attitude toward the world is not quite so apt to make money for himself as the man with the unselfish attitude. There is a spirit about selfishness that repels other men, that other men detest. They do not like to deal with those who are actuated by a selfish spirit, unless forced to do so by necessity. The man with the unselfish spirit attracts people. He makes friends wherever he goes. He is more apt to succeed in business.

Thus we see, looking at it from a personal standpoint, it pays to have a benevolent attitude toward the whole world. "Live and let live" is the motto that leads to happiness. Give every man a square deal. Help push the world along. Do something that benefits the rest. Anyone who is doing this, and doing it conscientiously, doing it and taking an honest pride in doing so, is a happy man or woman. It is sure to work that way. A man cannot seek his own good without thinking of the good to others. It is ruinous for a man to try to shut out the world from himself, and think only of himself. He not only becomes a nuisance in the community in which he lives, but will very quickly become a nuisance to himself.

We are all organs of a great human organism which we call society. Providence has assigned to this man one function, and to another man that function.

Few of us start out in life to fill the places which we find ourselves filling. It came about by influences over which we had no control. One man is a farmer, another an artisan, another an editor; not so much because he started out in early life to become one of these, but because circumstances opened before him, and he was driven, rather than has forced his way to the place he now occupies. This is what we mean by saying that Providence has assigned us a certain function in society.

Now the question is whether we are going to do our work willingly—do it with a spirit of benevolence towards others. Whether we are going to make our work good work, work that our children will feel proud of, work that will leave the world a little better than we found it—this is the question for us to decide.

The man who hates his work in the world is necessarily an unhappy man. The woman who dislikes the place she

fills in the world is an unhappy woman. No such person can be happy. It is only when we make our work of some use that we can be happy.

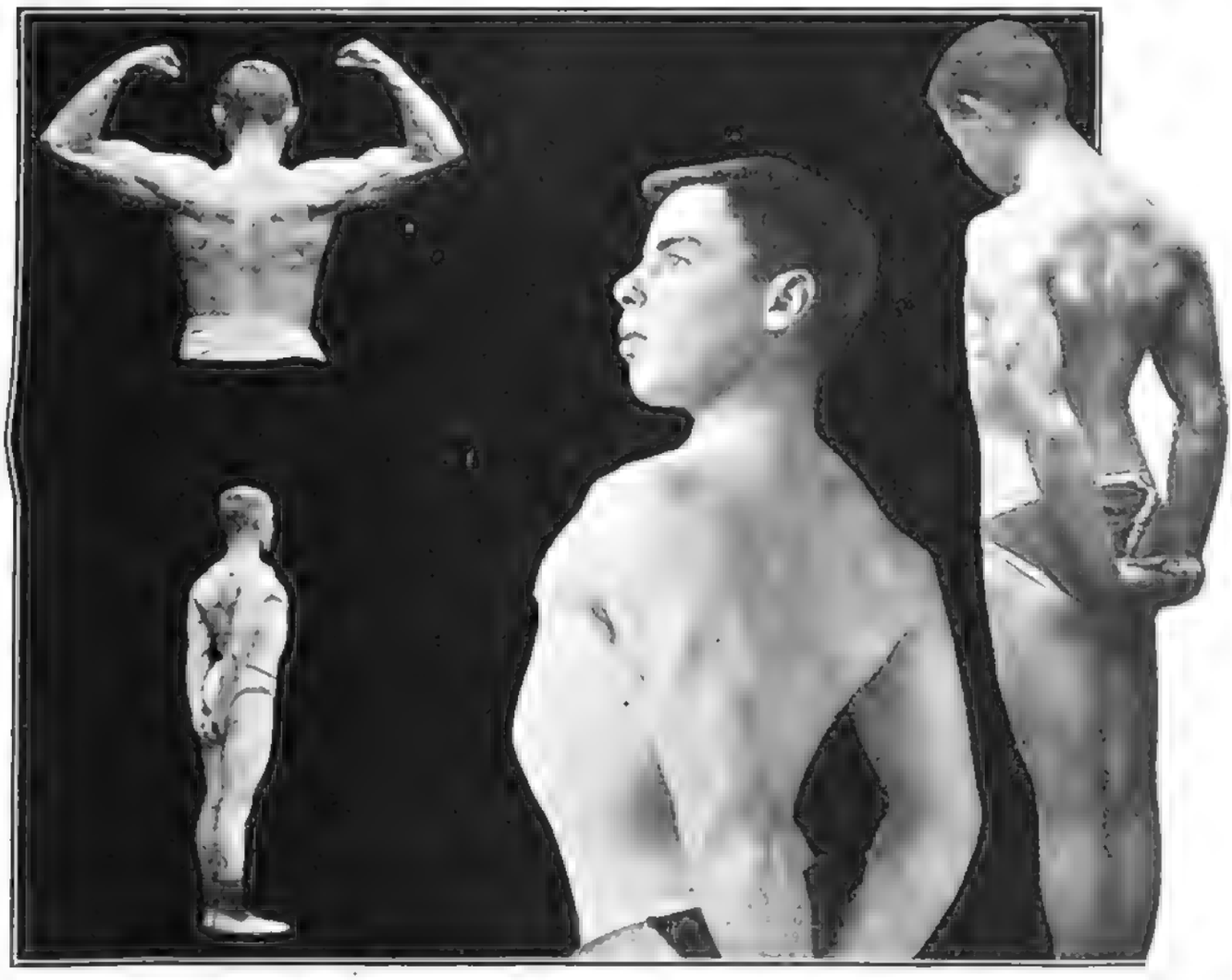
No doubt someone will reply to this: "I had nothing to do in selecting the work I am called upon to perform. It has been forced upon me by circumstances. I dislike it. If I could find something else, I would be happy."

We are inclined to believe that if a person cannot make the work he is already doing a beneficent work, he could not make any other work beneficent. There is no calling so low, no vocation so obscure, but that it can be made good, wholesome and helpful to the world.

Of course, if a person is filling a vocation which is illegitimate or degrading, if his conscience reproaches him for what he is doing, he ought to quit it, quit it now. Do not continue it for another hour. Do nothing you believe is bad. Do something that your conscience approves of. This is the only road to happiness. If, in addition to this, your work is done with the spirit of benevolence toward the whole world, it is the way, the only way, for any man or woman to find real happiness.

Photo Prize Competition (September).

(UNDER 18).



1st—E. HEATLEY (Birmingham). 2nd—J. LOWE (Northwich). 3rd—COWAP.
do. do.

For particulars of Prize Photo Competition, Entrants, Prize-winners and their Measurements, etc., see "Club" and pages 175 and 191.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto.

and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Re **Fellowship Medal.**

[These are promised by the makers to be ready shortly. Their design and quality will, I am sure, afford the utmost pleasure and satisfaction to fortunate recipients. They are of a size which will make them suitable for attaching to a watch chain.—The EDITOR.]

Was in a Very Bad State.

Eastbourne.

DEAR SIR,—Enclosed is photo. of myself, showing results after 2½ years' training.

I was in a very bad state of health when I commenced, but by the aid of Sandow's books, and of my own perseverance, I have brought myself to a high standard of health both physically and mentally. I don't believe in a fellow going in for physical development half-heartedly, only doing about a week or so, and then leaving it off, and then commencing again some time after. Take "SANDOW'S" advice, and "stick at it," and by doing so you will be surprised what a difference exercise will have done for you. I am writing from my own experience, so I ought to know a little on the subject.

I believe in one varying their exercise, as one is apt to get tired of dumb-bells, or whatever they are using.

I am fortunate in having a place of my own where I can do my exercise; and the appliances I have for developing myself are: Rings, punch-ball, trapeze, developer, and chest-expander, besides a mat for wrestling on. So as you will see, when I get tired of one thing I can fall back on the other.—Yours,

HARRY SWIFT.

(Age 22, weight 8 st. 6 lbs.).

An Indian Club Record.

Heaton, Newcastle-on-Tyne.

DEAR EDITOR,—You will find enclosed a cutting from *Newcastle Chronicle* of Dec. 19th, also photo of my humble self.

"Last night the gymnasium of the Young Men's Christian Association in Blackett Street, Newcastle, was patronised by a very large company of ladies and gentlemen, there being a performance by the class, under Mr. L. B. Leblique, and an Indian club swinging against time. Mr. A. I. Steel, a well-known local club-swinger of some ten years' experience, undertook to do 1,350 separate exercises in one hour's continuous swinging. He used clubs weighing 1¼ lbs. each. Steel started in grand style, and rather gave his audience the idea that he was, as it were, paying out too much in the early stages of the test; but, though he tired visibly, he delighted the doubtful portion of his audience by keeping up wonderfully to the finish, and accomplishing 1,373 exercises, which was 23 more than he set out to accomplish. The average speed was 120 circles per minute. An important condition was that the athlete had to hold the club in his hand, and not indulge in what is known as knob-swinging. The test was judged by Messrs. J. G. Robertson and L. B. Leblique, assisted by Capt. A. Henderson. The successful member received quite an ovation from his colleagues and the audience, and it must be admitted did not seem at all the worse for his big effort."

Do you know of any previous amateur record? If so would you be so kind as to let me know through your invaluable weekly chat? It is unnecessary to state that I am a Sandowist.—Faithfully yours,

A. STEEL.

An Opinion of the Readers' Club.

Ashford, Kent.

DEAR SIR,—I must certainly say the "Readers' Club" appears to be one of the finest things you could have started; was getting a bit anxious waiting for medal, but I note they are not likely to be long.—Yours for health and strength,

H. ANDREWS.

Hygiene in Laughter.

THE EDITOR,—DEAR SIR,—Seeing that you have lately printed various jokes in the pages of your valuable magazine, and myself firmly believing in the good effects of such reading, have taken the liberty of sending you the enclosed jokes.

Hoping to see that my efforts have helped in making up the reading matter in some future number of SANDOW'S MAGAZINE, I remain, with heartiest wishes for your further success in 1906, faithfully yours, A CONSTANT READER.

THE USES OF A STRONG MAN.—It was at one of the weekly meetings of the "Slapton Dale Physical Culture Club," which club had done much for the male population of the neighbourhood, and where "single" and "married" rubbed shoulders week by week each in his race for health and strength.

Two of the "singles" were conversing on Physical Culture generally and their own club in particular, when the one suddenly remarked "Where's old Henpeck to-night? He's not been here lately, and he was getting on rippingly too."

"Oh!" was the reply, "he got so strong that his wife keeps him at home to work now. This happens to be their washing-day."

FORCIBLE ARGUMENT.—The little man was expounding to his audience the benefits of Physical Culture.

"Three years ago," he said, "I was a physical wreck. Now what do you suppose has wrought this change in me?"

"What change?" said a voice in the audience.

There was a succession of loud smiles, and the audience waited to see him shrivel. But the little man was evidently no shriveller, for he remarked suavely, "Will the gentleman who asked 'What change?' kindly step up here? I shall then be better able to explain. That's right!"

Then, grabbing the witty gentleman by the neck: "When I first took up physical culture I could not even lift a little man. Now" (suiting the action to the word) "I can throw one about like a bundle of rags."

And, finally, he flung Mr. Interrupter back into the audience.

"I trust, gentlemen, that you will see the force of my argument, and that I have not hurt this gentleman's feelings by my explanations."

There were no more interruptions.

The New Government and Physical Culture.

DEAR SIR,—*Re* our ingoing Government, of whatever colour, much has been spoken about what measures should be placed in the forefront, and opinion is divided as to which measures are of most importance. One measure, however, has not been mentioned by our Parliamentary leaders—viz., Physical education. Mental education is important, and we have educational schemes put forward for the training of the mind, but can it be said that physical education is less important? I think not.

The fact is, that sooner or later, the country will recognise that one of the principal reasons for taxation is physical degeneracy: and the more physically strong the nation is, the less chance there is of individual members becoming a cause of burdensome taxation. What is wanted is more physical training in schools, and politicians would be more profitably employed in urging the necessity for this reform than in talking nonsense about Chinese "slavery," etc.

To put the matter in a nutshell—Is the improvement in health and strength of all classes, but particularly the poorer classes, so that as a race we may be sturdy and strong, not one of the most vital matters with which the country is concerned? If so, why is more not heard of it in the political world from either party, for the question is not a party, but a universal one?

BE STRONG.

Should be "Carbonic."

New North Road, N.

DEAR SIR,—Being a reader of, and in sympathy with the objects of, your Magazine, I beg to draw your attention to page 35, line No. 9, in article on "The Breath, and All About it," appearing in your current issue. You state "*carbolic* acid." This is a mistake, no doubt, for the *carbonic* acid that is contained in the "breath," and not carbolic acid, which is an entirely different substance, and does not exist in the exhaled air.—Wishing you every success, yours in sympathy,

W. ARMSTRONG.

Laryngitis and Gastric Catarrh.

Ivy Lodge, Hornsey Rise, N.

DEAR SIR,—Thinking that a few of your readers may have been afflicted in the same way as myself, I forward my testimonial and experience respecting same.

A little more than two years ago I was very much subject to "croup," or laryngitis, and also to gastric catarrh, and frequently had attacks of both illnesses. I was recommended to read your valuable work, "Strength, and How to Obtain It," the result being that I purchased a Developer, the use of which produced the most astonishing results. Since I began I have had no repetition of either malady, and my present measurements are as under; my age being 16 years 10 months:—

Height ...	5 ft. 10 ins.	R. Forearm ..	13½ ins.
Weight ...	11 st. 3 lbs.	L. ,, .	13½ ,,
Chest	44 ins	R. & L. Thighs	30 ,, each
R. Upper Arm	14½ ins.	R. & L. Calves	16 ,, ,,
L. ,,	14 ,,	Waist ...	28 ,,

My leg measurements are probably due to unerring and persistent attention to your leg exercises, as prescribed, and to cycling.

I sincerely trust that someone will benefit by my experience, if you think it worthy of publishing.

Meanwhile, awaiting with curiosity and hope the result of your December Competition, which I entered, and with best wishes for success for yourself and your cause; and last, but not least, for your splendid "Mag."—I remain, gratefully and sincerely yours,

WILFRID FRANK ELLIOTT.

Someone who Just Wants Starting.

Hastings Street, Sunderland.

DEAR SIR,—I take the pleasure of writing to you for the first time. I have been a reader of your magazine for over four years, and I think it is splendid, especially the introduction of the S.M.R.C. and its splendid motto.

I should very much like to have the Fellowship Medal. I have been both a student and teacher of your system. Altogether, I have started over twenty young men and about six ladies, and everyone has found great benefit from it. At present I hold a small class of young men at home every Monday evening, and as I have not got much room to work in, after the young men have had three or four months' work he falls out, and we take another beginner, and there is always someone who just wants starting to make a success of it. Hoping you will find room for this, yours for health,

J. SMURTHWAITE.

A Practical Experience of Plasmon.

Almond Bank, Perth.

DEAR SIR,—A little over two years ago I read in the Mag. your advice to the readers about Plasmon. So I gave it a trial, and have continued using it since then; and can now speak very highly in its favour. So I thought if, perhaps, I wrote my experience of it, some reader might gain like benefit by giving it a trial.

It is when cycling I find it most beneficial when you require a kind of "stayer." Cycling is a splendid exercise, but when you come home quite done up it loses a great deal of its enjoyment. I am a very keen cyclist, and there is nothing I enjoy better than a day on my bike. My usual pace works out at fifteen miles an hour on an average, which I consider pretty fair for an ordinary cyclist. I think nothing of riding a hundred miles on a Saturday afternoon during the summer months. So you can see I speak from experience about the staying powers of Plasmon.

There is another thing about my cycling—a kind of fad of mine. After reaching my destination, doing the return journey by a non-stop run (that is trying to reach home without a dismount). I have on several occasions ridden about fifty miles without a stop on the return journey.

Since I started using Plasmon I have had an endurance which is something wonderful, an untiring energy which seems always to keep you fresh and in good spirits; and it is never more in evidence than in the last few miles of a long cycle run.

On several occasions people asked me, "Where have you been to-day?" When I tell them, they usually say, "How fresh you look!" Now, I see other fellows who go in for cycling who come home with a wearied look in their faces, which usually does not leave them for a day or two. I also see young fellows who go in for football and other sports simply running themselves off their feet. It is in cases of this sort, I think, that Plasmon would be very useful. They require something to keep and build them up, which, if they do not get, they lay themselves very open to any trouble.

I do not wish anybody to think that if they only take Plasmon they will be able, right away, to go and take a long cycle run. For my own part, I train regularly on the Sandow system, and owing to circumstances I can only enjoy being on my bike about once a week, and all my training for a long run is done at home with the Sandow apparatus. So the two coupled together—Sandow and Plasmon—enable me to enjoy a long cycle run.—Yours sincerely,

WM. TURNBULL.

P.S.—I hope you will not consider this an advertisement for Plasmon. I consider the Sandow system along with Plasmon. Plasmon is only a stepping-stone.

Letters from Photo. Prize Competitors (over 18).

1ST PRIZE WINNER.

40 Harrow Road,

Leytonstone, London, E.

DEAR SIR,—My uncle has taken my measurements. He was a Silver Medallist in your great Albert Hall Competition.—Yours, for health,

ERNEST WALTON.

MEASUREMENTS.

Age, 22 years.		Forearm (L) ...	13½ inches
Weight ..... 9 st.	7 lbs.	Hips	37 "
Height ... 5 ft.	4 inches	Thigh (R)	21½ "
Chest (con.) ...	38 "	Calf (R)	14½ "
Chest (exp.) ...	42 "	Thigh (L)	21½ "
Waist	28 "	Calf (L)	14½ "
Upper arm (R)	15 "	Ankle	8 "
Forearm (R) ..	13½ "	Neck	14½ "
Upper arm (L)	14½ "		

2ND PRIZE WINNER.

65 Grosvenor Road,

Rugby.

DEAR SIR,—I am a member of the Rugby Olympian Gymnastic Club, and have won the Club Championship two years in succession.

I am a great admirer of the Sandow system of exercise, owing my development and position as a gymnast to it. Being by nature tall and slim, I found I was greatly handicapped at hand-balancing, but thanks to Sandow's Spring Dumb-bells, I now feel quite at home ahead downwards, and can easily press from a short to long-arm balance above the horizontal bar.

My instructor, R.O.G.C., is Sergt. H. Cross.

I am, yours truly,

WILLIAM HESSIAN.

MEASUREMENTS.

Age, 24 years.		Forearm (L) ...	12½ inches
Weight	154 lbs.	Hips	36 "
Height ... 5 ft.	11½ inches	Thigh (R) ...	21 "
Chest (con.) ...	36 "	Calf (R)	14½ "
Chest (exp.) ...	42 "	Thigh (L)	20½ "
Waist	28 "	Calf (L)	14 "
Upper arm (R)	14½ "	Ankle	8½ "
Forearm (R) ..	12½ "	Neck	15 "
Upper arm (L)	13½ "		

3RD PRIZE WINNER.

51, Cambridge Street,
Grantham.

DEAR SIR,—I have been working in accordance with your system for about three years, but as I am inclined to make flesh quickly I have never until recently been fit enough for photographing.—I am, yours faithfully
FRANK W. JOHNSON.

MEASUREMENTS.

Age, 27 years.			Forearm (L) ...	15	inches
Weight	14 st.		Hips	37	,,
Height ... 6 ft.	0	inches	Thigh (R) ...	25	,,
Chest (con.) ...	42	,,	Calf (R) ...	16	,,
Chest (exp.) ...	47½	,,	Thigh (L) ...	25	,,
Waist	31	,,	Calf (L) ...	16	,,
Upper arm (R)	17½	,,	Ankle	9	,,
Forearm (R) ..	15	,,	Neck	17	,,
Upper arm (L)	17	,,			

Photo. Prize Competition (under 18)

1ST PRIZE WINNER.

ERNEST HEATLEY,
16, Victoria Street,
Small Heath, Birmingham.

MEASUREMENTS.

Age, 17 years 11 months.			Forearm (L) ...	10¾	inches
Weight	9 st.	12 lbs.	Hips	31½	,,
Height ... 5 ft.	5½	inches	Thigh (R)	19½	,,
Chest (con.) ...	34	,,	Calf (R) ...	13½	,,
Chest (exp.) ...	38½	,,	Thigh (L) ...	19½	,,
Waist	27½	,,	Calf (L) ...	13½	,,
Upper arm (R)	12½	,,	Ankle (R)	8½	,,
Forearm (R) ..	10½	,,	Ankle (L)	8½	,,
Upper arm (L)	12¾	,,	Neck	14½	,,

2ND PRIZE WINNER.

JAMES LOWE,
273, London Road,
Liftwich, Northwich,
Cheshire.

MEASUREMENTS.

Age, 17 years.			Forearm (L) .	12	inches
Weight	10 st.	10 lbs.	Hips	37	,,
Height ...	5 ft.	6½ inches	Thigh (R) ...	22½	,,
Chest (con.) ...	33	,,	Calf (R) ...	15	,,
Chest (exp.) ...	40	,,	Thigh (L)	22½	,,
Waist	29	,,	Calf (L)	15	,,
Upper arm (R)	14½	,,	Ankle	10	,,
Forearm (R) .	12½	,,	Neck	16½	,,
Upper arm (L)	14½	,,			

3RD PRIZE WINNER.

J. COWAP,
64, Vine Street,
Newton Heath,
Manchester.

MEASUREMENTS.

Age 16 years.			Forearm (L) .	0½	inches
Weight ...	7 st.	12 lbs.	Hips	32	,,
Height ...	5 ft.	2½ inches	Thigh (R) .	18½	,,
Chest (con.) ...	30	,,	Calf (R)	13	,,
Chest (exp.) .	37	,,	Thigh (L) .	18½	,,
Waist ...	27	,,	Calf (L)	12½	,,
Upper arm (R)	11½	,,	Ankle	9½	,,
Forearm (R) ..	10	,,	Neck	13	,,
Upper arm (L)	11½	,,			

Too Old at Forty.

DEAR SIR,—Do you agree with Dr. Osler's speech, "The dead line of forty"? I think the man is mad, must be brought to Bedlam, or put on a Roman bridge! You must advise him to take up a course of Physical Culture for purifying his bilious blood, and getting sound ideas.—Yours truly, J. MCVAN KEMPER.

OUR READERS' LIBRARY.

HEALTH EXERCISES AND HOME GYMNASTICS. By Hartvig Nissen. How to Train, Strengthen, and Develop the Body without use of Dumb-bells or other Appliances, with some exercises for women. Forty-six illustrations. Post free 1s. 3d.

FOUR BOOKS TO WOMEN. By Mrs. Mary Wood-Allen, M.D., and Mrs. Emma F. A. Drake, M.D.—"What a Young Girl ought to know," "What a Young Woman ought to know," "What a Young Wife ought to know," "What a Woman of forty-five ought to know." Price 4s. each, post free.

THE ART OF WEIGHT LIFTING (Illustrated). By Albert Attilla. Edited by Professor Inch. The standard work on the subject. Price 1s. 6d., post free.

JAPANESE PHYSICAL TRAINING (Illustrated), by H. Irving Hancock.—The System of Exercise, Diet, and General Mode of Living that has made the Mikado's people the Healthiest, Strongest, and Happiest men and women in the World. "Jiu-Jitsu: Self-defence," fully described, the various holds and throws Lucidly Explained and Profusely Illustrated. Price 5s. 4d., post free.

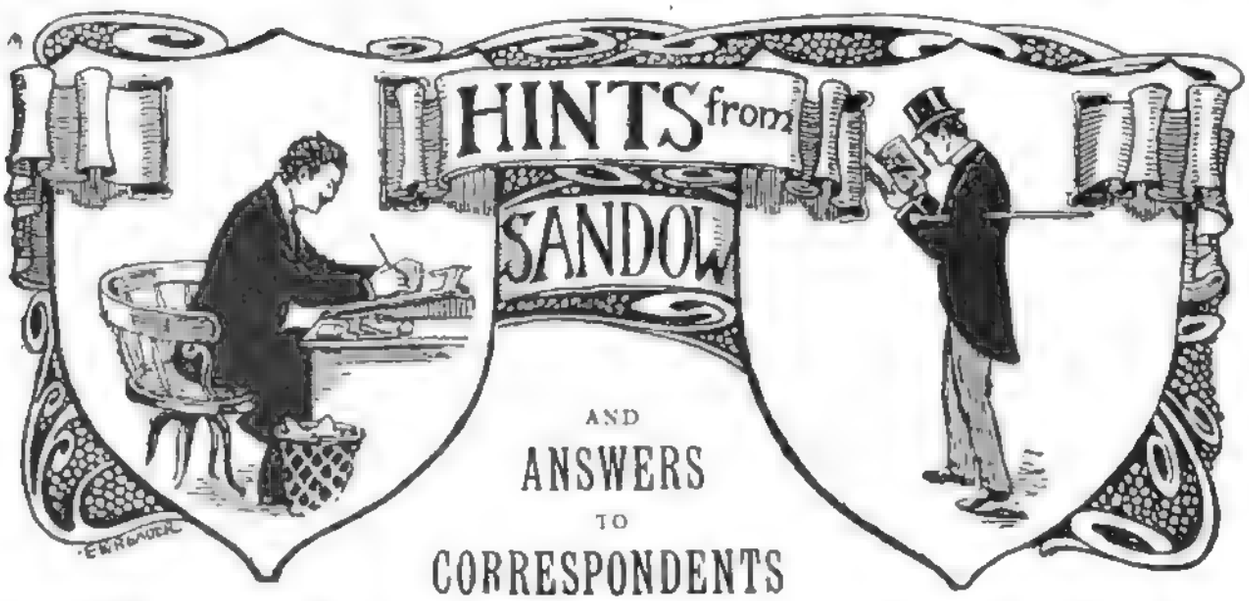
PSYCHOLOGY. The Cultivation and Development of Mind and Will by Positive and Negative Processes. By Frank H. Randall, author of "Your Mesmeric Forces." Price 3s., postage 4d. extra. Contents:—Psychology and Soul Defined—All Things have Truth at Core—Some Nations of Mind and Science—Nature Comprehended in the Human System—Special Psychic and Spiritual Organs—Positive and Negative Processes—Breathing and its Application Vitally—The Nervous System—Creative and Exhaustive Principles—Practical Application of Positive and Negative Powers—Magnetism of Mind and Body—Mind and Will as applied to others—Some Magnetic Experiments—Vital energies applied to Healing.

PERPETUAL HEALTH. How to Secure a New Lease of Life in following out the combined "Cantani-Schroth" Cure without Physic. By P. M. Heubner. Price 2s. 6d., 2s. 9d., post free.

MILO'S STRENGTH FOR ALL (Illustrated). Biographical Sketch of Milo—Breathing in its Relation to the Acquisition of Strength—Breathlessness, Perspiration—Overwork—The Neck: its Muscles and Exercises—The Arm, Wrist and Fingers: their Muscles and Exercises—The Shoulder, Chest and Back: their Muscles and Exercises—The Thigh, Leg and Foot: their Muscles and Exercises—The Trunk: its Muscles and Exercises—Exercises for Relaxing the Muscles—Interesting Facts: about the Muscles: Laws on Muscular Work—To what Class of Constitution do I belong?—Description of, and Advice to, Class 1, 2, 3, and 4. Price 2s. 6d., post free.

WRESTLING (Illustrated). By Percy Longhurst (ex-Amateur Light Weight Champion). Price 1s. 2d., post free.

Any of these Books can be obtained direct and by return post from OUR READERS' LIBRARY, Sandow's Magazine, 131 Temple Chambers, E.C.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

AXON (DUBLIN) is troubled with a certain involuntary symptom following exercise and cold or warm sponge down. Desires to know if he can exercise without inducing such excitement.

Answer: Yours would appear to be a case of too sensitive nerves. Your exercise should be very light, even without dumbbells and apparatus at first. You must gradually develop your nerve-strength and balance in conjunction with light non-straining, free movements. Carry out my exercises without dumb-bells or apparatus, and flexing muscles only lightly, until you have appreciably increased your nervous and physical strength. It is a pity you cannot undergo a course of my Curative Treatment, under which your case would be carefully watched, directed and supervised from commencement to complete cure.

H. W. (SHEERNESS) asks: (1) Is there any form of Physical Culture, or Natural Treatment, for varicocele? (2) Also, is smoking strong tobacco (leaf) injurious to the above complaint?

Answer: (1) If very bad, surgical treatment is advisable; but, if otherwise, a course of properly prescribed Physical Culture (such as you would obtain under the Sandow Home Treatment, or at the London Sandow Schools, as advertised on other pages) would be more than likely to bring about an improvement that would be very gratifying to you. The Treatment would bring about an improvement by relieving the local congestion, stimulating the circulation, and thus rebuilding a stronger and healthier body in every part. (2) Yes.

D. H. (MANCHESTER) writes: (1) Which is it healthier to wear—trousers with pyjamas, or under-drawers, *or* trousers without? I may say that I have never used pyjamas, the trousers being next to my skin, and have also taken cold baths, together with your course of exercises, and have always felt as warm as toast. They seem to think at home that pyjamas are necessary for health. I say *not*. Am I right? (2) Is not the right mode of expanding the chest the taking of a deep breath, at the same time drawing the abdomen up into the chest?

Answer: (1) In your case you are very well without underwear. This is owing to your healthy condition—which I hope you will always preserve and enjoy—but the devitalised, debilitated man finds drawers necessary to maintain the normal and comfortable heat of the body. On the other hand, the less weighty and cumbersome the clothing, whilst preserving proper bodily temperature, the better for the health of the body. (2) No, not exclusively. The chest should be exercised to expand in all directions—not in any one direction.

Would you

Build your house on an unsound foundation? Would you expect it to be safe and satisfactory, and able to withstand wind and snow, damp and drought, and heat and cold?

The employment of an able architect would secure a sound foundation, and a strong and serviceable storm-proof and strain-resisting dwelling.

Any Reader who is suffering from Indigestion, Constipation, Insomnia, Loss of Vigour and other Nervous and Functional Disorders is invited to send for a free book all about the Sandow Home Treatment, which furnishes the highest skilled direction in the building-up of a body sound, strong and healthy in every part.

It will be sent gratis and post free on receipt of your name and address. If personal particulars are also sent, special advice bearing on same will be included free of charge.

Address: EUGEN SANDOW, Post. Inst., Dept. S., 17, Basinghall Street, London, E.C.

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by Physical Culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging Physical Culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos can be returned.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR FEBRUARY.

Name of Competitor

Address

MEASUREMENTS.

Age	Upper Arm L.
Height	Fore Arm L.
Weight	Hips
Chest Contracted	Thigh R
Chest Expanded	Calf R.
Waist	Thigh L.
Upper Arm R.	Calf L.
Fore Arm R	Ankle
	Neck

We hereby certify that the above measurements are correct. (SIGNED),

Name *Name*

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department Sandow's Magazine, 131 Temple Chambers, E.C.

Practical Methods to Ensure Success

Is a little book containing extraordinary facts governing human life. The methods not alone quicken body, mind, and soul, but when adopted fully they make the turning point in one's life. If you are not the success that you wish to be; if there is something wrong and you do not know just what—perhaps a condition of mind or health that has caused years of anxious hope and disappointment—this book tells why, and how to remove difficulties. Price 1s. net, post free 1s. 2d.

Health Building; or, Health Without Fads.

Being a Working Outline of the Principles involved in Health Building; also a little cursory dissertation on some Current Fallacies. By JOSEPH RALPH. Price 1s. net, post free 1s. 2d.

Memory: How to Make and Keep It Good.

By A. T. STORY. Price 6d., post free 7d. It gives Rules and Directions for improving the Memory. No young man or woman ought to be without it.

My Lady Beautiful; or, the Perfection of Womanhood.

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